



Press Release
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Raising Awareness for Men's Health

Castro County Healthcare promotes proactive healthcare measures during Men's Health Month

DIMMITT, Texas (June 10, 2024) – Men are statistically less likely to visit healthcare providers regularly, with 80 percent showing reluctance compared to women. This hesitation can lead to severe and preventable health issues due to the neglect of routine checkups and screenings.

In response, the Medical Center of Dimmitt, a service of Castro County Healthcare, joins the national effort to observe Men's Health Month, encouraging men to prioritize their health and well-being through proactive healthcare practices.

"Men often delay addressing their health concerns, leading to undiagnosed and untreated conditions," states Mike Ruggiero, DO at Medical Center of Dimmitt. "Regular checkups and screenings can significantly mitigate the risk of severe health issues."

Statistics show that 13.8 percent of men aged 18 and older report being in fair or poor health, with 28.3 percent not meeting federal physical activity guidelines, and 41.6 percent of men aged 20 and older classified as obese.

Ruggiero emphasizes that focusing on key health areas such as regular screenings, exercise, and diet can greatly improve men's health outcomes.

Addressing Common Cancers Among Men

Prostate cancer, most prevalent in men aged 55 to 74, is more common among those with a family history of the disease and African-American men. Screening methods include prostate-specific antigen (PSA) tests and digital rectal exams. The American Cancer Society estimates one in eight men will be diagnosed with prostate cancer during their lifetime, with 299,010 new cases and 35,250 deaths expected in 2024.

Testicular cancer, affecting one in every 250 men, is most common in those aged 20 to 54. The American Cancer Society projects approximately 9,760 new cases and 500 deaths this year. Early detection through self-examination for unusual lumps or swelling is crucial for effective treatment.

Colorectal cancer, encompassing both colon and rectal cancer, is the third most diagnosed cancer among men and women. With over 54,210 new cases expected in men this year, early detection through screening methods like colonoscopy can significantly reduce cancer rates.

The Importance of Regular Health Screenings

Annual health exams and screenings are vital for early detection of cancer and other conditions.

MORE



Casto County Healthcare Highlights Men's Health

Page 2

"Regular screenings can save lives and reduce healthcare costs in the long run," says Ruggiero. Men should be screened annually for high blood pressure, abnormal cholesterol levels, diabetes, and other health conditions, with frequency adjusted based on individual health status.

Encouraging Physical Activity

The U.S. Department of Health and Human Services recommends at least two and a half hours of moderate-intensity or one hour and 15 minutes of vigorous-intensity aerobic activity weekly. Activities like walking, mowing the lawn, and other daily tasks can fulfill these guidelines. Additionally, men should engage in muscle-strengthening activities twice a week for overall health benefits.

Focusing on a Healthy Diet

To maintain a healthy weight, men should follow a balanced diet rich in fruits, vegetables, whole grains, and low-fat dairy, and low in saturated fats, trans fats, cholesterol, salt, and added sugars. Staying within daily calorie needs, typically 2,000 to 2,500 calories for adult men, is essential.

"Men's Health Month serves as a reminder for men to take responsibility for their health," Ruggiero emphasizes. "Scheduling regular checkups with a healthcare provider is crucial and can be life-saving."

For more information about Wellness Exams for men, talk to your local medical provider or schedule an appointment at the Medical Center of Dimmitt by calling 806-647-2194. To learn more about local medical programs and services available in Castro County, please visit www.plainsmemorial.com.

About Castro County Healthcare

Founded in 1963, Castro County Healthcare provides healthcare for Castro County, Texas residents and the surrounding region. Anchored by Plains Memorial Hospital, the healthcare system offers many medical services, including 24-hour emergency care, advanced radiology services, including CT scanning and MRIs, outpatient lab, physical and occupational therapy, swing bed services, patient education, and more. For additional information, please visit www.plainsmemorial.com.

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