

June 12, 2007 Murtha Highlights National Men's Health Week

For Immediate Release

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Washington D.C. - Congressman John P. Murtha, noting that June 11-17 is National Men's Health Week, urges men throughout Southwestern Pennsylvania to seek regular medical advice and early treatment for disease and injury.

Congressman Murtha, a national advocate of preventative medicine, was an original cosponsor of the 1994 law that established the week ending on Father's Day as National Men's Health Week.

More than half of premature deaths among men are preventable, which is why preventative health practices, regular screening, early detection and treatment are essential.

"I have made it a priority to promote healthy lifestyle changes through exercise, a healthy diet and regular health screenings," said Murtha. "By focusing on the prevention of diseases like diabetes and heart disease, we can save money and lives."

A study released today in the Archives of Internal Medicine found that men with diabetes have twice the risk of developing heart disease and face a 1.7 times higher risk of dying after developing heart trouble, compared with non-diabetic men. For those 50 and older, diabetic men lived an average of 7.5 years less than men without diabetes, and diabetic women lived an average of 8.2 years less.

Studies conducted throughout Pennsylvania have indicated that many men lack regular contact with physicians. Fifty-three percent of men age 18-29 and thirty-eight percent of men age 30-44 have no regular contact with a physician. This means that they often do not receive any preventative care for potentially life-threatening conditions.

Contact your local physician's office to schedule a regular health screening. For additional information, please visit: <http://www.menshealthweek.org/>