

Today's prevention tools and treatments are helping men maintain and regain their health. Did you know that cure rates for testicular cancer approach 100 percent when detected early? Historically, men have been more reluctant than women to see their physician and they often wait until symptoms are severe. But new procedures and screenings are making it possible for various diseases to be detected while they are still highly treatable.

Here are some tips from Mercy Medical Center—Sioux City for living a long and healthy life:

- Be physically active. Incorporate 30 minutes of activity into your day, every day.
- See your physician for regular preventive check ups and screenings, such as the PSA test for prostate cancer.
- Learn the symptoms of heart attack and stroke and if you have them, get help fast. New medications are highly effective if given quickly.
- Don't smoke.
- If you drink alcohol, do so in moderation, no more than two drinks per day.
- Eat a balanced diet rich in fruits, vegetables, and whole grains.
- Have your cholesterol checked. If your total cholesterol is more than 240, your risk of heart and stroke is greater.
- Remember to laugh. Find the humor in life. You'll be happier, and so will those who love you.

For more information – including easy-to-use online health risk assessments – visit www.mercysiouxcity.com.