

# PREVENTION WEDNESDAY

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City of Baltimore

Health Department

## Men's Health

### Did you know?

- In the U.S., the average man lives 5.3 fewer years than the average woman.
- Men are twice as likely as women not to have a doctor that they see routinely.
- Heart disease is the leading cause of death for men, and smoking is a major risk factor.
- In 2005, almost three quarters of HIV/AIDS diagnoses were for male adolescents and adults in the U.S.

### Prevention at your fingerTips:

**Tip 1: Have a primary care doctor.**

Call Baltimore Healthcare Access 410-649-0500 or 311 for referrals or help with insurance.

**Tip 2: Be tobacco free.**

Smoking doubles the risk for heart disease in people with diabetes. [1-800-QUIT-NOW](http://1-800-QUIT-NOW) is a free service that can help.

**Tip 3: Know your HIV status.**

Free testing and treatment daily at:  
1515 W. North Avenue [410-396-0176](http://410-396-0176)  
620 N. Caroline St. [410-396-9410](http://410-396-9410).

## African American Men's Health Conference

Baltimore Convention Center

Saturday, June 21, 2008

8 a.m. - 3 p.m.

Join the American Cancer Society, St. Joseph Medical Center, St. Agnes Hospital, and Bon Secours Baltimore Health System at the African American Men's Health Conference 2008! This first-ever, family-friendly event is **FREE** and includes: continental breakfast and lunch, health screenings, exhibits, expert speakers, and give away items.

Register now at [www.cancerforums.org](http://www.cancerforums.org) or call 1-800-787-4337.

## Resources and References

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The Baltimore City Health Department  
<http://www.baltimorehealth.org/std.html>

The Mayo Clinic  
<http://www.mayoclinic.com/health/mens-health/MC00013>

Centers for Disease Control and Prevention  
<http://www.cdc.gov/men/summer/index.htm>

African American Men's Health Conference  
<http://www.cancerhealthforums.org/baltimore/baltimore.htm>

Baltimore Health Care Access  
<http://www.bhca.org/>

1-800-QUIT-NOW  
<http://1800quitnow.cancer.gov/>

Baltimore Recs and Parks  
<http://www.ci.baltimore.md.us/government/recnparks/>