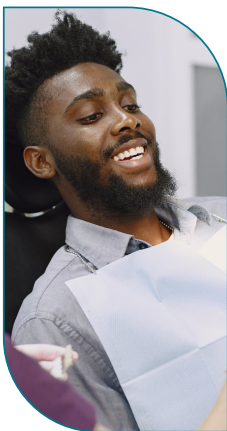


# MEN'S HEALTH

## Take Charge of Your Health

- Have regular screening tests to check for health problems before you have symptoms
- Keep track of important health information
- Improve your lifestyle
- Know your family's health history and your own



## Top 10 Health Risks for Men

1. Heart Health
2. Respiratory Diseases
3. Alcohol
4. Depression/Suicide
5. Accidental Injuries
6. Liver Diseases
7. Diabetes
8. Flu and Pneumonia
9. Skin Cancer
10. HIV and AIDS



## About SaferCare Texas

SaferCare Texas was founded as a response to the national challenge to improve patient safety. We work to eliminate preventable harm through advocacy, education, innovation, and service in Texas and throughout the nation. SaferCare Texas is a department within HSC at Fort Worth.



# MEN'S HEALTH: BREAK THE STIGMA



## Athletes Who Experienced Mental Health Obstacles

### Terry Bradshaw

suffered from panic attacks and was diagnosed with clinical depression.

### Keyon Dooling

suffers from Post Traumatic Stress Disorder and has become an advocate for victims of sexual abuse.

### Larry Sanders

left the NBA to address his mental health obstacles including anxiety and depression.

## You Can Help Break The Stigma

- Instead of statements like “Tough it out” or “Man up!”, have compassion and change our expectations and reactions.
- Actively listen, seek to understand, and allow men to express emotion. This is healthy, and may result in better fathers, husbands, and family members.
- Motivate men and boys around you to have open discussions about their health and emotions.



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