

Men's Health

Most men need to pay more attention to their health. Many of the major health risks that men face can be prevented and treated with early diagnosis. Some of the most common of these include:

- Cardiovascular Disease
- Diabetes
- Prostate Cancer
- Mental Health and Depression

Take charge of your health by making better lifestyle choices. For example:

- Eat a healthy diet
- Get active
- Limit alcohol
- Stop smoking
- Manage stress

There are also health conditions that only affect men, such as prostate cancer and low testosterone. Many of the major health risks that men face, like colon cancer or heart disease, can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat. It's important to get the screening tests you need. An annual physical exam with your medical provider which includes routine or screening tests can find diseases or other medical conditions early, when they are easier to treat.

Schedule an appointment today!

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