



FOR IMMEDIATE RELEASE

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KU Medical Center celebrates National Men's Health Week
Local researcher serves as President of Men's Health Network

Governor Mark Parkinson has proclaimed the week of June 14-20, 2010 as National Men's Health Week and the Men's Health Network is promoting screening and evaluations for men across the country. This national effort has a local tie in Kansas City where KU Medical Center Associate Professor of Urology, Ajay Nangia, MD, is the President of the Society for the Study of Male Reproduction, which supports National Men's Health Week. This proclamation recognizes the importance of preventive screenings and healthy lifestyle choices for men.

National Men's Health Week—celebrated each year during the week leading up to and including Father's Day—sponsors activities in communities across the country, bringing together corporations, government agencies, religious and fraternal organizations, as well as others committed to the prevention and treatment of men's health issues.

The goal of National Men's Health Week is to increase awareness of how men can protect themselves from injury, prevent STDs, conduct self-exams, and ultimately feel more comfortable making an annual commitment to see a doctor for a thorough exam. Dr. Nangia encourages early recognition of men's health, "Awareness needs to start with young boys learning to protect themselves. We work with local baseball teams to ensure everyone is wearing a protective cup before the game starts." Dr. Nangia is a recognized expert in men's health and active at the national level in the areas of urology, andrology, and male reproduction.

In general, men are less likely to see a doctor or be proactive about their health than women. Dr. Nangia sees National Men's Health Week as a way to call attention to the simple fact that regular medical exams, preventive screenings, exercise and healthy eating habits help save lives. "I see it in my practice on a daily basis – early screening and detection means my patients live longer and have a better quality of life," said Dr. Nangia.

To learn more about National Men's Health Week, visit <http://www.menshealthmonth.org/week/index.html>.

For more information about the University of Kansas Medical Center's research, training, and programs, contact Stephanie Sharp at 913-256-KUMC (5862).