

Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

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June Spotlight: Men's health

This month, we're highlighting information about men's health. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about men's health from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, click the "ES" icon in the top right corner.

- [Aging changes in the male reproductive system](#)
- [Cambios en el sistema reproductor masculino por el envejecimiento](#)
- [Prostate cancer screening](#)
- [Pruebas de detección de cáncer de próstata](#)

These additional links from other health organizations offer more information about men's health:

- [Men: Take charge of your health](#)
- [Diabetes and men](#)
- [Testosterone therapy: Potential benefits and risks as you age](#)
- [E-cigarettes \(vaping\)](#)
- [Energy drinks](#)

Healthy recipes

- [Begin with breakfast](#)
- [Grilled vegetable packets](#)
- [Grilled fish tacos with peach salsa](#)
- [Lime-marinated flank steak with stuffed poblano peppers](#)



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

[Outdoor exercise fun](#)

Take advantage of warmer weather with these fitness activities and tips.

[Spring vegetable sauté](#)

This delicious sauté is perfect with a side of roasted chicken, fish or tofu.

[Post-cancer care plan](#)

If you've recently undergone cancer treatment, a survivorship care plan is essential.

Find the entire [Spring](#) issue [here!](#)

Mental health awareness

Whether it's building a routine, practicing mindfulness or finding new ways to nurture your spirit, these self-help resources can help you feel empowered to [take proactive steps toward mental wellness](#).