

# Zion International Missions Ministry

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## June National Health Observances: *Men's Health Month*

It's important to encourage men to get regularly checkups, and be aware of the risks for their age, ethnicity, and lifestyle.

The leading causes of death among men are heart diseases, cancer, and accidental death. Some key factors to consider towards improving overall health: Know your preventable risks, learn your risk factors, get appropriate vaccinations, get routine screenings and checkups, and take steps to create healthful habits.

### Foods High in Cholesterol to avoid:

- Full-Fat Dairy (Whole Milk, butter, and cheese)
- Red meat (Steak, ribs, pork chops, beef roast)
- Fried Foods, Eggs, and Shellfish



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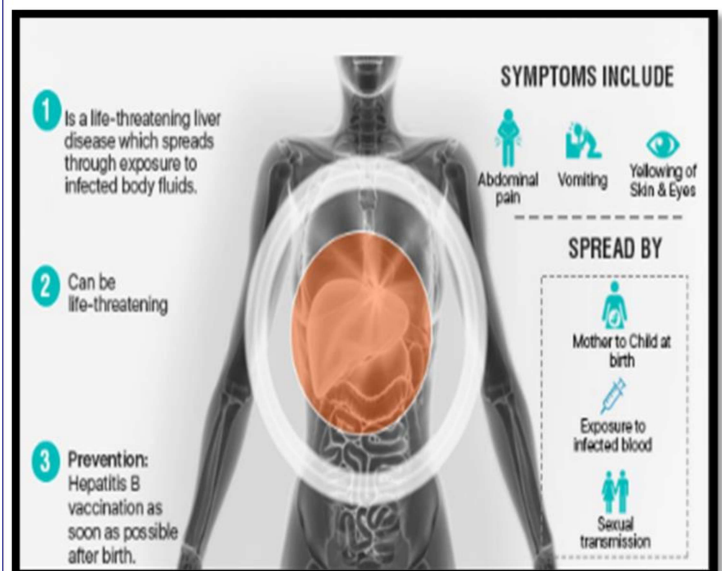
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## National Awareness: Hepatitis

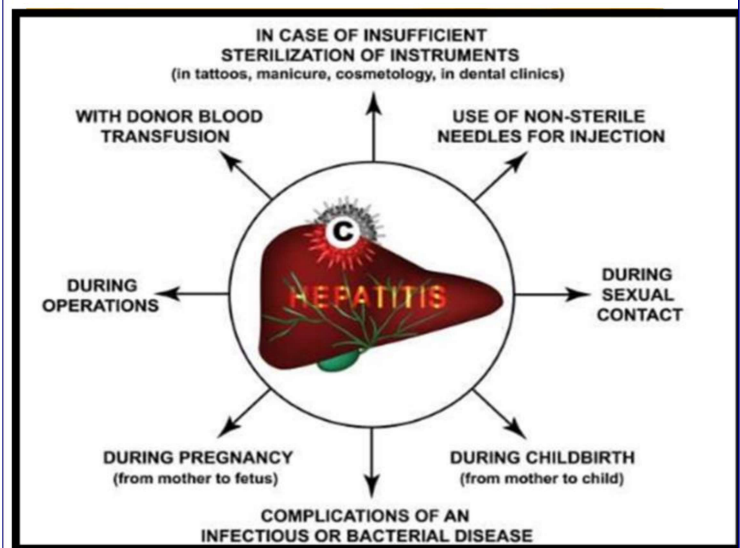
Hepatitis means inflammation of the liver. When the liver is inflamed or damaged, its function can be affected. Hepatitis is common in the southern part of Belize. There are five strains of the hepatitis virus (A, B, C, D, & E). Together Hepatitis B & C are the most common cause of deaths.

To promote awareness and to get vaccine against the infectious disease, World Hepatitis Day is July 28th.

### HEPATITIS B SYMPTOMS



### CAUSES OF HEPATITIS C



Timely testing and treatment of viral hepatitis can prevent liver cancer and other severe liver diseases.