



*The Maryland State Medical Society*

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## **NATIONAL MENS HEALTH: MEDCHI ENCOURAGES MEN TO PRIORITIZE PREVENTIVE CARE AND TAKE CHARGE OF THEIR HEALTH**

BALTIMORE – June 11, 2026 – During National Men's Health Month, MedChi, The Maryland State Medical Society, is encouraging men across Maryland to take proactive steps toward improving their health through preventive care, healthy lifestyle choices, and regular communication with their physicians.

Men continue to face significant health challenges, including higher rates of heart disease, certain cancers, diabetes, and preventable injuries. According to national health data, men are also less likely than women to seek routine medical care, often delaying treatment until conditions become more serious.

"National Men's Health Month serves as an important reminder that preventive care saves lives," said Dr. Eric Wargotz, President of MedChi. "Regular checkups, screenings, and healthy lifestyle habits can help detect potential health concerns early and improve long-term outcomes. Taking care of your health is not only important for you, but also for your family and community."

MedChi encourages men to focus on several key areas of health, including:

- Scheduling annual wellness visits and preventive screenings.
- Monitoring blood pressure, cholesterol, and blood sugar levels.
- Maintaining a healthy weight through regular physical activity and proper nutrition.
- Prioritizing mental health and seeking support when needed.
- Avoiding tobacco products and limiting excessive alcohol consumption.
- Staying up to date on recommended vaccinations.

Heart disease remains the leading cause of death among men in the United States, while prostate cancer, colorectal cancer, and lung cancer continue to affect thousands of Maryland residents each year. Many of these conditions can be prevented, detected early, or managed more effectively through routine medical care.

"Too often, men put their own health on the back burner while focusing on work, family, and other responsibilities," said Dr. Wargotz. "This month is an opportunity to encourage the men in our lives to make their health a priority and establish a relationship with a trusted physician."

### About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. Formed in 1799, it is still the largest physician organization in Maryland today. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients, and the public health of Maryland. For more information, please visit [www.medchi.org](http://www.medchi.org).