



## The Empowerment Network, Inc., a 501 (c) 3 nonprofit organization

Prostate Cancer Awareness | Educational | Advocacy  
6000 West Florissant Avenue, St. Louis, Missouri 63136

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TenStl.org

*Mellve Shahid, Sr., Founder/President /Robin Wright Jones, Executive Director*

### NEWS RELEASE For Immediate Release

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*June is Men's Health Month*

## Prostate cancer organization encouraging men to go to the doctor

**St. Louis, MO., May 9, 2022** - As part of an educational campaign for men's health last year, the Cleveland Clinic, an internationally recognized non-profit academic medical center and research institution, surveyed more than 500 American men ages 18-70 about their use of healthcare resources.

The findings were eye opening: only 60 percent of men get annual physicals. The survey also shed light on men's attitudes toward doctor office visits - about 4 in 10 men only go to the doctor when they feel it is absolutely necessary for a serious medical condition.

**June is Men's Health Month.** In keeping with its mission to raise awareness about total body health in men including its primary focus, prostate cancer education and testing, **The Empowerment Network, Inc. (TEN), is hosting a Men's Health Month Kick-off awareness press conference commencing at 11 a.m. Wednesday, June 1<sup>st</sup>.** The press conference will be held at the organization's Cancer Center, 6000 West Florissant Avenue, St. Louis, MO 63136 in north St. Louis.

During the month of June, TEN will promote awareness activities to encourage men to focus on their health - for themselves and their families by pledging to make a doctor's appointment, get a physical exam and get a prostate screening. The month will feature radio campaign, television interviews and community health fairs.

The press conference will include Dr. Fredrick Echols, a nationally renowned medical and public health professional, who will share insights about the state of men's health in the St. Louis region.

"Men have an essential role in contributing to the emotional, spiritual and mental well-being of their family and community," Echols said. "However, it is important for all men to know and understand their unique health risk factors, so they can implement measures necessary to achieve and maintain a good quality of life."

"During men's health month and throughout the year we aim to heighten the awareness of preventable health problems and encourage early detection and treatment of diseases including cancer, heart disease, and mental and behavioral health conditions," he continued.

TEN Founder and President Mellve Shahid Sr., a 15-year prostate cancer survivor, said his journey with cancer has taught him the value of good health to oneself and loved ones. Men's health month is a powerful platform to elevate the immense worth of healthy living.

"This is the true wealth of a man to himself and to his family," Shahid said. "As cancer survivors and through our journey with this disease, we understand the meaning of being healthy and staying healthy. We understand that health is proactive, and cancer is reactive; that good health is encouraging and being unhealthy is discouraging on all levels."

For more information about the press conference, Men's Health Month and The Empowerment Network, call 314.385.0998, and visit [www.TENStl.org](http://www.TENStl.org).