

June 2025 | Men's Health Month Edition

♥ Men's Prostate Health: Honoring the Temple God Gave You

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."
— 3 John 1:2 (NKJV)

Brothers in Christ, June is **Men's Health Month**, and our focus this month is on an important area of men's wellness that is often overlooked — **Prostate Health**.

The **prostate** is a walnut-sized gland that plays a crucial role in male reproductive health. However, it's also where some of the most common health issues for men begin, especially as we age. It's time to break the silence and care for the temple God has given us.

🔔 Know the Warning Signs

Don't ignore these symptoms — they may be signs of prostate conditions such as **benign prostatic hyperplasia (BPH)**, **prostatitis**, or even **prostate cancer**:

- Trouble starting or stopping urination
- Weak or interrupted urine flow
- Frequent need to urinate, especially at night
- Pain or burning during urination
- Blood in urine or semen
- Pain in the back, hips, or pelvic area

☑ Prostate Health Tips for God's Men

"Do you not know that your bodies are temples of the Holy Spirit, who is in you...?"

— 1 Corinthians 6:19 (NIV)

- **Get screened:** Men over 50 (or over 40 with a family history) should ask their doctor about **PSA tests** and **digital rectal exams (DRE)**.
- **Eat smart:** Choose tomatoes, broccoli, leafy greens, and foods rich in zinc and selenium. Cut back on red meat and processed foods.
- **Exercise regularly:** Stay active to maintain a healthy weight and improve hormone balance.
- **Stay hydrated:** Water helps flush your system and protect urinary health.
- **Limit alcohol, avoid smoking:** Both increase cancer risk.

Know your family history: Talk to your father, brothers, and uncles. Knowledge is power.

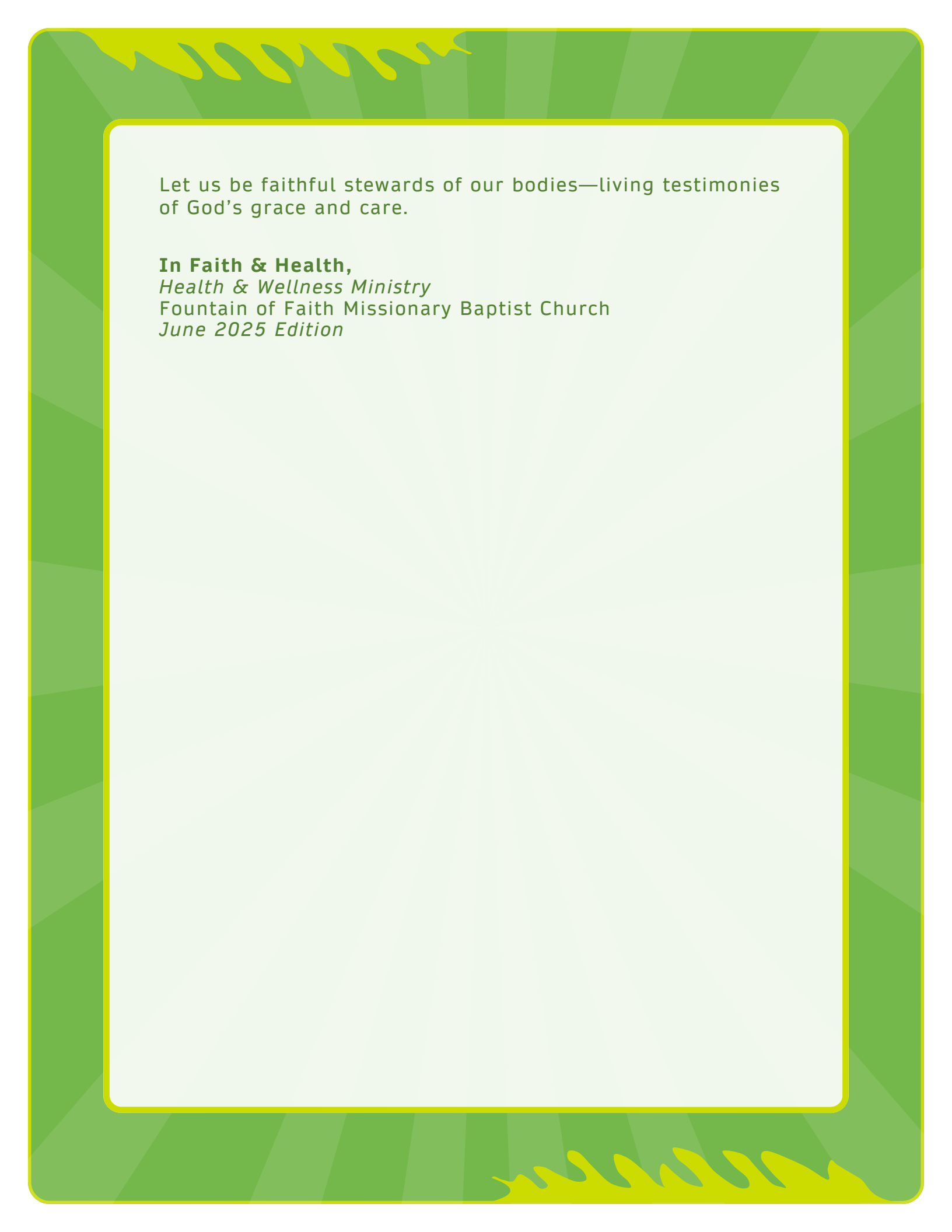
Scriptures to Stand On

- *"The wise see danger ahead and avoid it, but fools keep going and get into trouble."* — Proverbs 27:12 (GNT)

"A cheerful heart is good medicine, but a crushed spirit dries up the bones." — Proverbs 17:22 (NIV)

Brothers, Let's Talk. Let's Act. Let's Live.

Men, your health matters. Prostate issues are common but treatable when detected early. As the body of Christ, let's uplift one another by encouraging checkups, conversations, and courageous action. Share this information with fathers, husbands, brothers, sons, and friends.



Let us be faithful stewards of our bodies—living testimonies
of God's grace and care.

In Faith & Health,
Health & Wellness Ministry
Fountain of Faith Missionary Baptist Church
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