**Swiss Navy shares Wellness Tips for Men’s Health Week**

**Press Release**

POMPANO BEACH, Florida – June 16, 2021—This week is International Men’s Health Week 2021, with the goal of increasing awareness of male health issues on a global level. Each year since June 1994, the Men’s Health Network has focused on the week ending on the U.S. Father’s Day holiday to share prevention tools, educational materials, and advocacy opportunities with men and their families worldwide.

This year, Swiss Navy is participating in Men’s Health Week by sharing wellness tips from their own resident intimate health advisor, Dr. Sunny Rodgers.

“We’re so appreciative to have Sunny as part of our team and value her help and insight into sexual health matters,” said Briana Watkins, M.D. Science Lab’s VP of Sales and Marketing. “Sunny always brings another level of expertise to our trainings and offerings for retailers and consumers, and helps people look at our Swiss Navy products in a different light.”

Swiss Navy encourages people to use Men’s Health Week as an opportunity to make your own positive difference in the lives of men.

**Wellness Tips for Men’s Health Week:**

**Wear Blue!**

“Wear Blue Day” is a prominent part of Men’s Health Week in support of the fight against prostate cancer. [Studies](http://onlinelibrary.wiley.com/doi/10.1046/j.1464-410X.2003.04319.x/abstract) have shown that masturbating may protect people with penises against prostate cancer, according to [The Cancer Council Victoria in Melbourne](https://www.cancervic.org.au/). And, according to the Boston University School of Public Health and Harvard Medical School [studies](https://www.ncbi.nlm.nih.gov/pubmedhealth/behindtheheadlines/news/2017-07-06-frequent-ejaculation-may-decrease-prostate-cancer-risk/), men who ejaculate 21 times or more during a one month period were less likely to develop prostate cancer.

In the spirit of Men’s Health Week, consider wearing blue to show your support. Or, gift the man in your life *Swiss Navy Premium Masturbation Cream* in support of their health.

**Have a Health Screening**

According to the [Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/erectile-dysfunction/symptoms-causes/syc-20355776#:~:text=Risk%20factors&text=Medical%20conditions%2C%20particularly%20diabetes%20or,especially%20if%20you're%20obese), some medical conditions, such as diabetes and heart ailments, can restrict blood flow to veins and arteries, which can result in erectile issues.

Book a health screening appointment for yourself or encourage the men in your life to get checked out.

**Support Heart Health**

Fitness can go a long way in supporting heart health. While exercise options are varied, [Healthline](https://www.healthline.com/health/fitness-exercise/how-many-calories-does-sex-burn#:~:text=Results%20showed%20that%20men%20burned,women%2C%20which%20represents%20moderate%20intensity.) reports men burn an average of 4 calories per minute during sex, which may be a more fun option for cardio sessions.

For more information that focuses on the health of men and their families, visit menshealthlibrary.org.

**About M.D. Science Lab**

Since 1998, M.D. Science Lab has continually created award-winning products dedicated to helping consumers live healthier lives. With a focus on intimate wellness and nutritional good health, M.D. Science Lab continues to create products at the forefront of the wellness market that are offered worldwide. For more information, please contact [Briana@Swissnavy.com](about:blank) or visit [www.swissnavy.com](about:blank).