**Swiss Navy Recognizes Men’s Health Month**

**Press Release**

POMPANO BEACH, Florida – June 1, 2022—June is National Men’s Health Month. Hosted by the Men's Health Network since 1992, every June is dedicated to enriching men’s wellness by encouraging early detection and treatment of health issues.

“Despite medical and technological advances, men continue to live an average of five years less than women,” said Briana Watkins, ACS, Vice President of Sales and Marketing for M.D. Science Lab. “Our Swiss Navy family would like to recognize and honor June and ask that it serve as a reminder to men everywhere to be mindful of their health—including their intimate health!”

June seemed an appropriate month to serve as National Men’s Health Month since it is when the U.S. Father’s Day holiday is celebrated. Annually, the Men’s Health Network has shared prevention tools, educational materials, and advocacy opportunities with men and their families worldwide.

This year, Swiss Navy is participating in National Men’s Health Month 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 Watkins. “Sunny always brings another level of expertise to our Swiss Navy trainings and offerings for retailers and consumers.”

Swiss Navy encourages people to use June as an opportunity to make your own positive difference in the lives of men.

**Wellness Tips for National Men’s Health Month:**

**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 Month, 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 [menshealthmonth.org](https://menshealthmonth.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).