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

**Press Release**

POMPANO BEACH, Florida – June 6, 2023—Every June since 1992 has marked International Men’s Health Month as a way to remind people of the importance of men’s wellness. Started by the Men’s Health Network, this month draws attention to concerning statistics, such as the CDC’s findings that women are 100% more likely to visit a doctor for annual exams and preventive service than men.

Men’s health includes intimate wellbeing—which is often overlooked.

“Despite continual 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 celebrate June and ask that it serve as a reminder to men everywhere to be mindful of their health—including their intimate health!”

There are a significant number of male-related health problems that surround intimate areas, such as the testicular, prostate, and colon cancer, all of which could be detected and treated if men’s awareness of intimate wellbeing was more pervasive.

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

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

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

**Wear Blue!**

“Wear Blue Day” is a prominent part of Men’s Health Month 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 enjoyable 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 1999, 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).