

COVID-19 UPDATE

Adults can now get tested for coronavirus at InterCommunity

Monday - Friday, 1:00 pm - 3:00 pm

16 Coventry St.
Hartford



- Walk-up testing for adults ages 18 and over
- No doctor's order or appointment needed
- Self-administered nasal swab
- Bring identification and insurance card
- Insured and uninsured accepted
- InterCommunity will call you with results

REMINDER: InterCommunity Health Care's detox center in Hartford is open and accepting patients. **Call 860-569-5900, Ext. 515**

June is National Men's Health Month

Healthier men live longer, happier lives. June is [Men's Health Month](#), raising awareness of preventable health problems and encouraging early detection and treatment of disease among men and boys. Men die younger than women and at higher rates than women for all of the top ten causes of death in the United States.

Ignoring symptoms and delaying medical care is more common among men than women, sometimes with dire consequences. Some diseases such as diabetes and cardiovascular disease can be monitored and treated more successfully if found early enough through screening tests.

See here for [recommended screening tests](#) for men ages 40 - 64.



Top 5 Health Issues for Men

Five men's health issues include the following:

- **Cardiovascular disease:** Heart disease is the leading cause of death for men and women. Regular blood pressure checks and cholesterol screenings can identify problems early on.
- **Cancer:** Lung, prostate, and colorectal cancers are the leading causes of cancer death in men.
- **Diabetes:** Early detection of diabetes symptoms and treatment can decrease the risk of serious complications such as nerve, kidney, and eye damage.
- **Chronic Obstructive Pulmonary Disease (COPD):** Smoking is the leading cause of lung diseases such as emphysema and chronic bronchitis.
- **Stroke:** High blood pressure, diabetes, excessive alcohol use, and other factors increase the risk for stroke.



Men's Mental and Emotional Well-Being

Given the strong correlation between physical health and mental health, men's psychological well-being is a critical part of overall wellness. Yet mental health issues in men are often overlooked, undiagnosed and untreated.

Depression and anxiety are common mental disorders in men and women, but symptoms may differ. Men who are depressed may feel fatigued, irritable and angry. Read [here](#) for more information about men's mental health.

If you, or someone you know, is interested in [addiction recovery services](#), [primary care](#), or [mental health care](#) for children or adults, contact InterCommunity. To receive services at any of our Hartford, East Hartford, or South Windsor locations, **please call us first at 860-569-5900.**

