

STRAIGHT TALK FOR MEN

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YOUR FATHER WANTS YOU TO COME HOME

By Melvin L. Latimer

In Saint Luke Chapter 15, it tells the story of a man who has two sons. This man was very successful and his sons were destined to inherit everything that their Father owned.

The younger son became very impatient and did not want to wait until his father died to inherit his share of his father's wealth. He demanded his inheritance. His father did not argue with him but instead gave him his portion.

The younger son left his father and moved to a big city where he wasted his inheritance on drugs, alcohol, wild parties and women.

When all of his money was gone and all of his so called friends left him he was all alone.

He finally had to find a job and the only job he could find was feeding hogs. He was so hungry that he was tempted to eat the food that he was feeding the hogs.

Then he realized how good he had it back at his father's house. He put aside his pride and decided to go back to his father's house and beg his father forgiveness.

As he was approaching his father's house his father sees him coming and runs to meet him. His father throws his arms around his son, hugs and kisses him and tells him how much he missed him.

The younger son began to cry and tells his father that he made a big mistake, and he's sorry and please take him back and let him come home.

That night a big party was held for the son who had been lost, down and out but now he lives again.

His father restored him as if nothing had every happened.

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There are many men out there just like this prodigal son. You have left your father's house (your heavenly father that is) and gone astray. You have failed in life one way or another. Perhaps you are divorced, your business failed, you got caught up in drugs and alcohol. You have lost your sense of purpose and direction in life and are unsure what to do.

Your heavenly father wants you to come home. He has his arms wide open. Just waiting for you to come home.

Your heavenly father loves you and cares for you. He is waiting to restore you and give you new purpose and direction.

Confess your faults and mistakes and receive his forgiveness for all your sins. You don't have to suffer any longer. All you have to do is come home to your heavenly father.

If you want to come home to your heavenly father then pray this prayer:

Father I confess that I have sinned, I have done and said things that I should not have. I no longer want to do my will but I want your will be done in my life. Take charge of my life and make me the man, the father, the husband that you made me to be. In the name of Lord Jesus. Amen.

Wherever you are and whatever you are doing always remember that you can always come home to your heavenly father.

INEXPENSIVE WAYS TO SAY I LOVE YOU THAT WORK

Want to add a little romance and zest to your love life without having to take out a loan for an expensive piece of jewelry or a vacation? Would you like to get a jump on making this Valentine's Day something to remember?

Saying "I love you" in a memorable, romantic way doesn't require a cosigned loan or a platinum-size bank card bill. And, if you're like most spouses, a little advance planning is a very good thing.

To help the romantically challenged, here are some suggestions for showing your love in special, inexpensive ways:

- Make a list of all the things you love about life with your spouse. Slip it into a card and tape to the bathroom mirror.
- Treat your spouse to breakfast in bed.
- Make or buy a small token of your love and hide it as part of a treasure hunt. Pick out five or six hiding places and hide the gift in the last place. Then construct the clues working backward.
- Plan and make a candlelight dinner after the kids go to bed. Or a candlelight dessert for two, followed by candlelight dancing in the living room.
- Surprise your spouse with heart-shaped cookies sometime during the day.
- Get out your wedding album or pictures of when you first met, and look at them together. Trace how God has worked in your marriage from then until now.

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- Find, or write ahead of time, a special blessing prayer for married couples and pray it with your spouse.
- Ask a neighbor to watch the kids (if necessary) while you and your spouse go for a walk. Be sure to hold hands and share your feelings about how important he or she is to you.
- Find a book at the library, or buy one, with appropriate poetry. Pull it out several times during the day and read a poem aloud to your spouse.

(Crosswalk.com)

MALE BREAST CANCER

Although it occurs infrequently, breast cancer can affect men as well as women. In many ways the disease appears similar in the two sexes. However, because male breast cancer is so uncommon, it has been difficult for researchers to accumulate extensive data, and several aspects of the disease have been the subjects of disagreement. In general, men tend to be somewhat older than women at the time of diagnosis, and the disease is often at a more advanced state. Like woman, men are commonly treated with surgery for primary disease. For advanced disease, they usually receive some kind of hormone therapy, which is even more effective in men than in women. Men are less likely than women to develop cancer subsequently in the opposite breast, but more likely to have, or to have had, a second type of cancer. In the past, men were thought to have a poorer prognosis than women, but it now appears that in cases that are otherwise comparable any differences in prognosis are slight. The critical factors are prompt diagnosis and treatment.

Incidence

In the United States male breast cancer accounts for 1 of every 100 cases of breast cancer, and it represents about 0.2 percent of all malignancies in men. (In women, breast cancer represents 26 percent of all cancers.) In 1984, approximately 900 in this country will be diagnosed with the disease, and about 300 will die of breast cancer.

In certain parts of the world male breast cancer is more common than in the United States.

The Male Breast

The breast of the adult male is similar to the breast of a preadolescent girl. It consists primarily of a few branching ducts lined by flattened cells and surrounded by connective tissue. In girls, these cells and ducts develop in response to hormones secreted during puberty.

In males, too, breast tissues are capable of responding to hormonal stimulation. Enlargement of the male breast due to growth of the ducts and supporting tissues is known as gynecomastia. Approximately 40 percent of all adolescent boys experience temporary breast enlargement, probably in response to hormones being secreted by the testes. Adolescent gynecomastia typically disappears within a year or two.

Cancer of the Male Breast

All of the types of breast cancer seen in women can occur in men, although some are quite rare. Not surprisingly, lobular carcinomas are very unusual, because

lobules are normally absent from the male breast.

Almost all breast cancers in men, like most breast cancers in women, are carcinomas. The most common kind is infiltrating ductal carcinomas, which accounts for 73 percent of the cancers in men. Men can also develop Paget's disease and inflammatory carcinoma. Various sarcomas may occur, too, although they are uncommon.

Symptoms of Male Breast Cancer

A painless lump, usually discovered by the patient himself, is by far the most common first symptom of male breast cancer. Typically the lump appears beneath the areola, where breast tissue is concentrated.

However, a lump is seldom the only symptom. Men are more likely than women to have nipple discharge (sometimes bloody) and sign of local spread, including nipple retraction, fixation to the skin or the underlying tissues, and skin ulceration. About half the men with breast cancer have palpable axillary lymph nodes.

Most male breast cancers are not large. One study that reviewed a large number of cases found that 51 percent of the tumors were less than 3 centimeters in diameter. The largest, however, measured 28 by 16 centimeters.

Delayed Diagnosis

The fact that breast cancer in men has often spread locally before it is diagnosed – even though the small male breast

should facilitate early diagnosis – has been attributed to several factors. Indeed, the very smallness of the male breast could be a factor. Lacking the bulk of the typical female breast, even a small carcinoma in a male lies close to the skin above it and the tissues of the chest wall beneath it. Consequently, the cancer can more readily invade these nearby structures. It has also been suggested that the location of male tumors, centered around the areola as most of them are, may facilitate the spread of cancer. Such centrally located tumors are thought by some to have easy access to internal mammary lymph pathways.

However, many people are unaware that men can develop breast cancer, and neither individual men themselves nor their physicians regularly examine men's breasts. Furthermore, when men discover signs of breast cancer they tend to delay before seeing a physician. A 1972 review of cases diagnosed since 1900 showed that men waited 18 months, on the average, before seeking medical advice; for men diagnosed since 1951, this dropped to 10 months, 9 such a delay may in part occur because some men perceive breast cancer as a flaw in their masculinity and are reluctant to acknowledge its presence.

Risk Factors in Male Breast Cancer

Age

The incidence of breast cancer in men, like breast cancer in women, increases with increasing age. Although it has been reported in a 5-year-old boy, it is rare before age 35. The average of men at diagnosis is close to 65, about 5 years older than the average age for women.

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Diagnosis of Male Cancer

The same procedures used to diagnose breast cancer in women can be used to diagnose breast cancer in men. These include medical history, physical examination, mammography, and thermography. As always, a definitive diagnosis can be made only by biopsy. Karyotyping, a technique used to determine a patient's chromosome pattern, might be used if a disorder like Klinefelter's syndrome is suspected. Studies to evaluate estrogen excretion patterns might also be performed.

In examining a man for breast cancer, a physician must distinguish between a malignant breast tumor and benign conditions, primarily gynecomastia, as well as cancers from other sites that have metastasized to the breast. Metastases to the breast from other types of cancer call for treatment of the primary cancer, whatever it is. Primary breast cancer, in contrast, is potentially curable through surgery and, perhaps, adjuvant therapy.

(Men's Health Network)

TOP 10 THINGS MEN SHOULD KNOW ABOUT DATING

The Top Ten

10. Be decisive:

- "We appreciate your including us in the decisions about dinner and activities, but if we say "It doesn't matter to me, I have a fall back plan. It's nice when you take the lead."
- "Don't be afraid to make a choice...this conversation won't fly:
Him: Where do you want to go for dinner.
Her: Well, I'm not sure....how about

Italian.

Him: Ok, where do you want to go?

Her: Well, I chose Italian, you pick the place.

Him: But where do you want to go?

Her: I chose Italian, you pick the place.

Him: Well, forget it... let's just stay in."

9. Know thy date

- "Don't date people you don't know much about."
- "Pursue a woman with the purpose of getting to know her character, and upon confirmation that she is godly, then you pursue the next step."
- "A date is a friend before they're a date. If you find someone interesting, spend time getting to know them, see what you have in common, don't push it, let it happen. Don't 'date' a stranger, but give time for the stranger to become a friend.

8. Don't say stupid things

- "Don't talk about yourself the whole time, ask her about her."
- "Don't talk about how beautiful any other woman is."
- Never ask her questions like her measurements, her weight, how much she makes, or other sensitive topics." (Some things are better left unsaid.)

7. Don't be afraid to be chivalrous

- Open doors. Walk on sidewalks closest to the street. Pump the gas in her car if she's driving. Go up and down stairs the right way." (We

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- looked into this, and apparently men should walk up stairs behind her in case she falls and down stairs in front of her for the same reason... This was news to us, and may not be recognized as chivalrous...)
- “Using the long-distance remote to unlock the car door is NOT opening the door for a girl.”
- “Flowers, chocolate, jewelry, opening doors and paying for dates is the way to my heart=!”
- “We like to be treated like ladies – even if we tell you that we want to be treated as equals.”
- “You don’t have to bring flowers and candy on the first date, it may scare women away.” (A good rule of thumb, #9 Know Thy Date. If she’s the type who would appreciate flowers, go for it. If it would scare her away at first, save it for a later date.)

6. Mind the signals

- “When a gal says, ‘No thank you’....believe her... and leave her alone.”
- “If a woman hasn’t returned your call after you left 3 messages, more than likely she doesn’t want to talk to you, and will never call you back. Please respect that.” (We recognize that, ideally, we women need to be proactive in telling you that we aren’t interested. But not everyone will do that, so in those cases this is a good rule.)

5. Don’t blur the lines between friend and date

- “If you want to impress a girl, never call her dude or buddy.”
- “If you ask her out to dinner, pay for her, drive, etc., please know that the message you’re sending is that this is a date. Don’t be surprised later if she assumes it was. She has no other way to interpret it if you haven’t been clear about your intentions.

4. Plan Ahead

- “Find out what she likes to do that you also like to do and make the date on common ground.”
- “Prepare! Don’t fill your head solely with baseball stats and have no conversational ability because of your limited exposure to life.” (Whoooo! That’s harsh!)
- “Plan your dates. She will lose interest quickly when you say ‘I don’t really have anything specific in mind for us to do.’ ... ‘I’m not really sure how to get there.’”

3. Be truthful

- “Pretending to enjoy an activity that the girl likes just to get her approval is a poor long-term strategy. She’ll find out you hate plays at the theater at some point so don’t pretend you like them initially.”
- “If you’re not into her, don’t lead her to believe you are.”
- “If you’re divorced or have children, admit it right away.”

2. Know that we’re still forming an opinion after the date:

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- “Don’t say you’re going to call if you do not intend to follow through.”
- “When you call back, call once, leave a message. Don’t constantly call.”
- “Call her. It’s a relatively easy way to let her know you’re thinking about her.”

And the number one suggestion from the ladies is...

1. Be intentional about dating, do it for the right reasons

- “Don’t go searching for a woman to date (or marry in some cases) just because you are bored, lonely, or just need to prove to yourself that you are still desirable.”
- “To get to the end of a year-long relationship only to find out that the guy’s end-goal was to ‘hang out’ . . . that hurts.”
- “Some of us would prefer that you not date us if marriage is not an option for you or if the timing didn’t seem right for you.”

(Crosswalk.com)

PROSTATE CANCER

Prostate cancer is the number one form of cancer diagnosis in American men (other than skin cancer) and the second leading cause of cancerous deaths in men.

According to the American Cancer Society more than 330,000 new cases of this disease will be diagnosed in the United States this year. One out of every 10 men will develop the disease at sometime in his life time. Over 80% of all prostate cancers diagnosis are in men over the age of 65. 180,000 men will be newly diagnosed with prostate cancer this year alone of which 37,000 will die.

WHAT IS PROSTATE CANCER?

The prostate is a gland of the male reproductive system. It is a small, walnut-sized organ located between the bladder (the organ that stores urine) and the urethra (the tube that carries urine to the outside of the body). The prostate is largely made of muscular and glandular tissues. Its main function is to produce fluid for semen which transports sperm.

Prostate cancer is a malignant tumor that most often begins in the outer part of the prostate. As the tumor grows, it may spread to the inner part of the prostate. Cancer that is confined within the prostate and has not spread is called localized prostate cancer. Like other cancers, prostate cancer can spread (metastasize), first locally in the tissues around the prostate or into the seminal vesicles (sac-like structures attached to the prostate). Locally advanced cancers may spread to other parts of the body, such as the lymph nodes or bones.

Symptoms

Early prostate cancer often does not cause symptoms. When symptoms of prostate cancer do occur, they may include some of the following problems:

- A need to urinate frequently especially at night
- Difficulty starting urination or holding back urine;
- Inability to urinate;
- Weak or interrupted flow of urine;
- Painful or burning urination;
- Painful ejaculation;
- Blood in urine or semen; and/or
- Frequent pain or stiffness in the lower back, hips, or upper thighs.

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Any of these symptoms may be caused by cancer or by other, less serious health problems such as BPH or an infection. Only a doctor can determine that cause. A man who has symptoms like these should see his family doctor or a urologist (a doctor who specializes in treating diseases of the genitourinary system). Do not wait to feel pain; early prostate cancer does not cause pain.

Staging

If cancer is found in the prostate, the doctor needs to know the stage, or extent, of the disease. Staging is a careful attempt to find out whether the cancer has spread and, if so, what parts of the body are affected.

The doctor may use various blood and imaging tests to learn the stage of the disease. Treatment decisions vary according to test results.

The results of staging tests help the doctor decide which stage best describes a patient's disease.

- Stage I(A) – The cancer cannot be detected by rectal exam and causes no symptoms. The cancer is usually found during surgery to relieve problems with urination. Stage I tumors may be in more than one area of the prostate, but there is no evidence of outside the prostate.
- Stage II(B) – The tumor is felt in the rectal exam or detected by a blood test, but there is no evidence that the cancer has spread outside the prostate.

- Stage III(C) – The cancer has spread outside the prostate to nearby tissues.
- Stage IV(D) – Cancer cells have spread to lymph nodes or to other parts of the body.

Treating Prostate Cancer (Getting a Second Opinion)

Decisions about prostate cancer treatment are complex. It may be helpful to have the opinion of more than one doctor. Before starting treatment, men may want to have a second doctor review their diagnosis and treatment options.

These are some questions a patient may want to ask the doctor before treatment begins:

- What is the stage of the disease?
- What is the grade of the disease?
- Do I need to be treated? What are the treatment choices?

What do you recommend for me?

- What are the expected benefits of each kind of treatment?
- What are the risks and possible side effects of each treatment?
- Is treatment likely to affect my sex life?
- Am I likely to have urinary problems?

Causes and Prevention

The causes of prostate cancer are not yet understood. Researchers are looking at factors that may increase the risk of this disease. The more they can learn about these risk factors, the better the chance of finding ways to prevent and treat prostate cancer.

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Studies in the United States show that prostate cancer is found mainly in men over age 55. This disease is more common in black men than in white men. In fact, black men in the United States have the highest rate of prostate cancer in the world. Doctors cannot explain why one man gets prostate cancer and another does not, but they do know that no one can “catch” prostate cancer from another person. Prostate cancer is not contagious.

For more additional information about Prostate Cancer call 1-800-422-6237

(Men’s Health Network)

Prostate Cancer Facts & Statistics

- Prostate cancer is diagnosed every 2 ½ minutes, approximately 200,000 new cases each year. It is the most commonly diagnosed cancer in America among men.
- Nearly 40,000 American men lose their lives to prostate cancer each year, one death every fifteen minutes.
- Prostate cancer incidence rates increased 192% between 1973 and 1992.
- One in six American men is at lifetime risk of prostate cancer. If a close relative has prostate cancer, a man’s risk of the disease more than doubles. With two relatives, his risk increases fivefold. With three close relatives, his risk is about 97%.
- In the next 24 hours, prostate cancer will claim the lives of over 100 American men.
- Prostate cancer represents 29% of all new cancer cases in American men.
- This year, more cases of prostate cancer in men under the age of 65 are expected than the combined number of

ages who are victims of leukemia, Hodgkin’s disease, melanoma, and brain tumors.

Prostate Cancer Epidemic in African American Men

- African American men have the highest prostate cancer incidence and mortality rates in the world. The incidence rate is about 35% - 50% higher than – and mortality rate double – that of Caucasian males, who have the second highest rate.
- African-American men have the highest risk of developing prostate cancer and are twice as likely to die from it as other men with the cancer.
- During this year alone, 18,500 African-American men will be diagnosed with prostate cancer.
- 6,100 African-American will die from prostate cancer this year.
- Prostate cancer death and occurrence rates among African-Americans are higher than other racial or ethnic populations in the United States.
- In 1999, the most commonly diagnosed cancer in African-American men was prostate cancer (29%).
- Prostate cancer is the second-leading cause of cancer death among African-American men.
- Although prostate cancer incidence rates are high in whites, the rate for African-Americans is even higher – 50% higher than the incidence in white men.

MEN: UNDERSTAND THE PRESSURE

Christian men, even ministers, often struggle with destructive behavior, whether it’s stress, burnout, workaholism,

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unhealthy relationships with their wives and families, or more serious problems such as substance abuse or sexual misbehavior. Such behaviors stem from the pressures from unrealistic expectations of society and families.

In our society women are judged by their appearance, men are judged by their success – measured by money, power, and prestige. Men seek to become heroes, and their lives become an endless struggle for success and affirmation. They pay a high price in fatigue and burnout.

- **Deal with your father.** In many cases, unhealthy patterns of behavior are rooted in poor relationships men have with their fathers. Sons need a sense that they are loved and that their fathers are pleased with the man's self-image. List the validating messages you want to hear – I'm proud of you, I love you, thanks, please forgive me. If you cannot talk directly to your father, because he is dead or absent, express these thoughts and needs in a letter.
- **Make deeper friendships with other men.** Men many times view other men as enemies or competitors, and are most comfortable with superficial, semi-rowdy relationships centered on activities. In particular, ministers tend to have no close friends actively involved in their lives. One of the benefits of developing close male friendships is an increase in spiritual and emotional healthiness. Finding confidants with whom to share struggles is both freeing and life-giving.
- **Let God give the father blessing.** Ask Him to show you how your wound

manifests itself, and ask Him to heal it. Let God affirm your manhood; list the ways you have demonstrated courage, sensitivity, confidence, and other virtues. These are the fruit of God's work in your life.

Escaping from a secret life:

- **Admit the truth.** Many men have secret lives – destructive addictions to sex (either actual affairs or emotional unfaithfulness), substance abuse, overspending, or gambling. They hide these activities from their wives and friends, and many are too embarrassed or afraid to reach out to a counselor, pastor, or support group for help. They spend huge amounts of energy deceiving others and maintaining denial mechanisms within themselves.
- **It can't last.** No one can bear up under this strain forever. Either a man will voluntarily reach out for help or he will take one too many risks and be discovered – often because unconsciously they are weary of their shame and want to be found out.
- **Reconnect with God.** Once a man admits his secret sins, he can reconnect with God and begin healing. He must search his heart and mind to understand his fears and how they arose from childhood experiences and family pain. Then he can rebond with the loved ones he may have hurt and surround himself with a healthy support structure to prevent recurrence.

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MALE MENOPAUSE

What is Male Menopause?

Male menopause (also called viropause or andropause) begins with hormonal, physiological, and chemical changes that occur in all men generally between the ages of forty and fifty-five, though it can occur as early as thirty-five or as late as sixty-five.

These changes affect all aspects of a man's life. Male menopause is, thus a physical condition with psychological, interpersonal, social, and spiritual dimensions.

The purpose of male menopause is to signal the end of the first part of a man's life and prepare him for the second half. Male menopause is not the beginning of the end, as many fear, but the end of the beginning. It is the passage to the most passionate, powerful, productive, and purposeful time of a man's life.

In the United States, there are 25,172,000 men between the ages of forty and fifty-five who are now going through the Male Menopause Passage. Worldwide that number is 408 million.

In less than twenty-five years, by 2020, the number of men in the United States going through the Male Menopause Passage will grow to approximately 57,500,000. Worldwide it will grow to 690 million men.

The most common physical symptoms of male menopause include:

- Taking longer to recover from injuries and illness
- Less endurance for physical activity

- Feeling fat, gaining weight
- Difficulty reading small print
- Loss or thinning of hair
- Sleep disturbances

The most common psychological symptoms of male menopause include:

- Irritability
- Indecisiveness
- Anxiety and fear
- Depression
- Loss of self-confidence and joy
- Loss of purpose and direction in life
- Feeling lonely, unattractive, and unloved
- Forgetfulness and difficulty concentrating

The most common sexual symptoms of male menopause include:

- Reduced interest in sex
- Increased anxiety and fear about losing sexual potency
- Increased fantasies about having sex with a new and younger partner
- More relationship problems and fights over sex, love, and intimacy
- Loss of erection during sexual activity

Sex and Male Menopause

Seven sexual changes that occur in healthy, normal males as they age include the following:

- Erections take longer to occur.

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- He often requires direct physical stimulation to get an erection; a sexy sight or fantastic fantasy may not arouse him as it did before.
- The full erection doesn't get quite as firm as it used to.
- His urge to ejaculate is not as insistent as before. Sometimes he doesn't feel the need to have an orgasm at all.
- The force of ejaculation isn't as strong as it once was. The amount of his ejaculate is less, and he may have fewer sperm.
- The desire for and frequency of masturbation may drop, but in some men may increase.
- The testicles shrink some, and the scrotal sack droops. The sack doesn't bunch up as much during arousal.

Impotence can be a significant problem for men going through male menopause. Impotence is defined as the persistent inability to attain and maintain an erection adequate to permit satisfactory sexual performance.

According to results from the Massachusetts Male Aging Study that studied a large sample of men between the ages of forty and seventy, the combined prevalence of minimal, moderate, and complete impotence was 52 percent.

Although the study found that psychological factors play a role as men age, physical factors are more significant.

There was a high correlation between erection dysfunction and heart disease, hypertension, diabetes, as well as with the medications that are often taken to deal with these problems.

Since the physical, psychological, and sexual aspects are interconnected, most all these symptoms can be prevented and treated by concentrating on the whole man.

How to Beat Male Menopause

1. **Eat right.** The traditional Asian diet, with its foundation of rice or other grains, an abundance of vegetables, fruits, beans, tofu, and legumes, a limited amount of meat and other animal foods, and virtually no dairy products, is a good foundation for healthy eating.
2. **Stay physically fit.** Engage in regular exercise that includes the following components: cardiorespiratory (aerobic) endurance, muscular strength, and flexibility.
3. **Take vitamins and supplements for health.**
4. **Take herbs to balance the system and protect the prostate.**
5. **Get regular health checkups.** Regular health care visits and screenings are important contributors to men's health and longevity, yet according to Kenneth Goldberg, M.D., men make 130 million fewer doctors visits a year than women.
6. **Check hormone levels as you get older.** Generally between forty and fifty-five a number of important hormones in a man's body begin to decline.
7. **Reduce stress and worry in your life.** Stress is a major source of trouble for men at midlife.

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8. Embrace a sexuality appropriate to the second half of life. In the second half of life, a man's sexuality expands to include more emphasis on friendship, love, intimacy, and spirituality.

(Malemenopause. com)

**MEN ON A MISSION
PLEDGE**

With the help of God, I, _____,
pledge to honor the Lord Jesus Christ through worship, prayer
and obedience to God's Holy Word. I pledge to love my brother
as I love myself.

I pledge to improve myself spiritually, morally, mentally,
socially and economically for the benefit of myself and my
family.

I will strive to refrain from drugs, alcohol and sexual
promiscuity.

Finally, I will strive to be godly influence in my home,
with my family, in my community, and the entire world.

MEN ON A MISSION

WORLDWIDE MINISTRIES

Men On A Mission is a Bible-based, (non-profit organization), Christ-centered ministry dedicated to helping men become Godly influences in their homes, families, communities and the world.

As the founder of *Men On A Mission*, my goal is to reach men through:

- **education empowerment;**
- **financial empowerment;**
- **substance abuse counseling;**
- **alternative lifestyle counseling;**
- **fellowships;**
- **sports enrichment;**
- **fresh start programs;**
- **youth mentoring.**

Men On A Mission requires no dues or other financial obligations. *Men On A Mission* is, rather, supported solely through charitable contributions.

You can become a partner with Men On A Mission by giving a: __\$10.00; __\$20.00; __\$50.00; __\$100.00; __\$500.00; __\$1,000.00 donation. (ALL CONTRIBUTIONS ARE TAX DEDUCTIBLE) Make your contributions payable to Men On A Mission, P.O. Box 452, Temple Hills, Maryland 20757

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