



# COUNTY OF BERGEN

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## **BERGEN COUNTY EXECUTIVE McNERNEY URGES FATHERS TO TAKE CONTROL OF THEIR HEALTH FOR FATHER'S DAY**

*BERGEN COUNTY, NJ* – Bergen County Executive Dennis McNerney and the Department of Health Services are urging fathers to take control of their health this Father's Day. The day, used to celebrate the essence of fatherhood, should also serve as a reminder to the importance of men getting age-appropriate tests so that they can be healthier and live longer for themselves and their loved ones.

“As a father, I know how essential it is for me to be present for my family,” said McNerney. “By getting the recommended age-appropriate tests, I am taking control of my health and well-being, and also showing my family that they are important to me. I encourage all Bergen County men to do the same.”

One such recommendation is cancer screenings. The American Cancer Society (ACS) recommends that men aged 50 and older get screened for prostate and colorectal cancer. Men with a family history of cancer or other high risk factors should talk with their healthcare professional about starting screening at an earlier age.

To learn more about men's health and the recommended age-appropriate tests, contact the Health Promotion Request Line at 201-634-2704 and request a copy of *Men: Stay Healthy at Any Age*. Be sure to leave your name and mailing address.

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