

NBNA Men's Health Awareness
Social Media Tool Kit
#NBNA #ShowUsYourBlue #WearBLUE

- Follow us on:
 - a. **Facebook**-National Black Nurses Association
 - b. **Instagram**-NBNA_Insta
 - c. **Twitter**-NBNAInc
 - d. **Website**-www.nbna.org

- **Blue** isn't just a color—in fact, on June 14 blue can help raise awareness about health issues impacting men such as cancer, heart disease and mental illness. Join the #ShowUsYourBlue campaign by **WEARING BLUE** to work Friday, June 14. #NBNA #WearBlue

- Many health conditions can be prevented or detected early with regular checkups. Make prevention a priority! See this [list](#) of test you may need to discuss with your medical provider.
#NBNA #GetItChecked #MensHealthMonth #ShowUsYourBlue

- 1 in 2 men get cancer in their lifetime. Women? 1 in 3. Let's change the [statistics](#). #MensHealthMonth #NBNA #ShowUsYourBlue

- Did you know the Human Papillomavirus (HPV), a sexually transmitted disease, can cause cancer in the human body? Most men never know they have HPV. #NBNA #MensHealthMonth #WearBlue

- Gentlemen, your sexual health can also impact your physical health—erectile dysfunction is an early sign of cardiovascular disease. #NBNA #GetItChecked #MensHealthMonth #WearBlue

- Do the men in your life have someone to talk to? About 30% of men experience depression, yet only 1 in 4 actually talk about it.
#MensHealthMonth

Adapted from Men's Health Network, Click [here](#) for full social media toolkit