



**Men's health**

**Cuts fitness for men**  
"The 30 Minute Circuit Training Workout"  
Rahonville, NJ (908) 436-9777

Heart Disease  
Diabetes  
Prostate Health  
Cancer  
Testosterone  
Cholesterol

• The leading cause of death among men is heart disease.  
• Smoking, alcohol or poor diet (high cholesterol, diabetes or obesity) increases your risk of heart disease and stroke.  
• Regular cardiovascular exercise (walking, jogging, swimming) can improve your heart health.  
• Avoid alcohol and tobacco and reduce consumption of foods high in saturated fats, cholesterol, and sodium.

**UNIVERSAL HEALTH NETWORK**  
800-776-6959

Available in Spanish See Pg.59

**HEALTHY LIVING BLOOD PRESSURE**

1. Cut the fat you eat. Fat is bad for your body.  
2. There are over 100,000 miles of vessels that transport blood throughout the human body.  
3. Blood vessels in the head and neck have the same elasticity as the walls of your veins (arteries, veins and capillaries) and the vessels are resistant to that blood flow.

**UNIVERSAL HEALTH NETWORK**  
800-776-6959

**Facts About Prostate Cancer**

• Prostate cancer is the most common cancer in men over 50 and the second leading cause of cancer death among men.  
• Get screened for prostate cancer with a PSA test and digital rectal exam (DRE) every 1-2 years.  
• Prostate cancer is a slow growing and generally non-threatening disease.  
• 81% OF MEN WITH PROSTATE CANCER SURVIVE 5 YEARS.

**SAMARITAN HOSPITAL**  
1300 N. Mountain Blvd., Moses, MO • 660-583-0700  
RACON D.D. EMERGENCY DIAL 9-1-1

**NEW**

**Understanding Blood Pressure**

• Blood pressure measures the force of blood against the walls of your arteries when it flows through your body.  
• Blood pressure is higher during short bursts and lower when the heart is at rest.  
• The normal blood pressure is 120/80 mm Hg.  
• Blood pressure is considered high if it is 160/95 mm Hg or higher.

Category	Normal	High	Very High
Diastolic	80-89	90-99	100 or higher
Systolic	120-139	140-159	160 or higher

**The Heart Group**  
717-397-5484  
www.theheartgroup.com

#2119 Pocket Slider Interactive slide chart

Men's Health - Focus on health issues like prostate, heart, blood pressure plus learn to do a testicular self-exam.

250	500	1,000	2,500	5,000
\$.69	.66	.62	.57	.51

Set Up: \$35(G). Product Size: 3-3/4" x 8-1/2". Imprint: 2-1/4" x 1-1/8". Production: 10 days. See imprint colors on page 62.

#2041 Pocket Slider Interactive slide chart Available in Spanish

Blood Pressure - What causes high blood pressure? Discover how to lower or prevent hypertension in the first place.

250	500	1,000	2,500	5,000
\$.69	.66	.62	.57	.51

Set Up: \$35(G). Product Size: 3-3/4" x 8-1/2". Imprint: 2-1/4" x 1-1/8". Production: 10 days. See imprint colors on page 62.

#2156 Pocket Slider Interactive slide chart

Facts About Prostate Cancer - It's one of the most common cancers in men. Learn about the disease, the symptoms and risk factors as well as various forms of treatment.

250	500	1,000	2,500	5,000
\$.69	.66	.62	.57	.51

Set Up: \$35(G). Product Size: 3-3/4" x 8-1/2". Imprint: 2-1/4" x 1-1/8". Production: 10 days. See imprint colors on page 62.

#BM8009 Bookmark Informative bookmark

Understanding Blood Pressure - Explains blood pressure, its effect on the body and how to understand the results of your test.

300	500	1,000	2,500	5,000
\$.47	.39	.36	.33	.30

Set Up: \$35(G). Product Size: 2-3/4" x 8". Imprint: 2-1/4" x 1-1/8". Production: 10 days. See imprint colors on page 62.

**Men's Health guide & record keeper**

• Regular physical exams for your health are important to your overall health and well-being.  
• Doing so with you can ensure you have accurate records of your health and get screened for potential health issues.  
• In order to be successful in your health, you should get tested for your health history and check it every six months.  
• Make all your doctor's appointments on time. If you do not, you may miss a diagnosis. Make it a habit to call or email your doctor.

**Men's Health guide & record keeper**

#7106 Key Point Folds to credit-card size

Men's Health - Keep up with your regular physical exams and track your blood pressure, cholesterol and other test results.

300	500	1,000	2,500	5,000
\$.47	.36	.33	.30	.28

Set Up: \$35(G). Product Size: 2-1/8" x 3-3/8". Imprint: 2-1/2" x 1-3/8". Production: 10 days. Key Points ship flat. See imprint colors on page 62.

**Blood Pressure Guide & Record Keeper**

• High blood pressure is a leading cause of heart disease and stroke.  
• Know what to do when your blood pressure is high.  
• The Facts  
• How to prevent or control your blood pressure.  
• How to live with high blood pressure.  
• How to control your blood pressure.

**Available in Spanish** See Pg.59

#7005 Key Point Folds to credit-card size Available in Spanish

Blood Pressure - Understand your blood pressure and it's easier to control it. Plus tips on healthy eating and stress.

300	500	1,000	2,500	5,000
\$.47	.36	.33	.30	.28

Set Up: \$35(G). Product Size: 2-1/8" x 3-3/8". Imprint: 2-1/2" x 1-3/8". Production: 10 days. Key Points ship flat. See imprint colors on page 62.

Mix & match Multiples of 100 pieces per title



Available in Spanish See Pg. 59



Reverse side

**#2015 Pocket Slider**  
Interactive slide chart  
Available in Spanish

**Healthy Heart** - Learn the warning signs for a heart attack, how to avoid heart problems and ways to prevent heart disease with exercise and diet.

250	500	1,000	2,500	5,000
\$.69	.66	.62	.57	.51 5C

Set Up: \$35(G). Product Size: 3-3/4" x 8-1/2".  
Imprint: 2-1/4" x 1-1/8". Production: 10 days.  
See imprint colors on page 62.



**#2055 Pocket Slider**  
Interactive slide chart

**Heart Attack & Stroke** - Discover how these serious conditions can be prevented and learn risk factors, warning signs and more.

250	500	1,000	2,500	5,000
\$.69	.66	.62	.57	.51 5C

Set Up: \$35(G). Product Size: 3-3/4" x 8-1/2".  
Imprint: 2-1/4" x 1-1/8". Production: 10 days.  
See imprint colors on page 62.



Reverse side

**#BM8008 Bookmark**  
Informative bookmark

**Healthy Heart** - Stay healthy and informed with this bookmark featuring 10 tips to improve heart health.

300	500	1,000	2,500	5,000
\$.47	.39	.36	.33	.30 5C

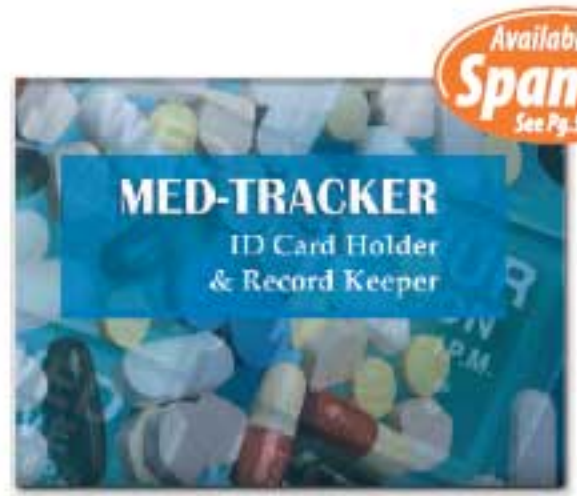
Set Up: \$35(G). Product Size: 2-3/4" x 8".  
Imprint: 2-1/4" x 1-1/8". Production: 10 days.  
See imprint colors on page 62.



Sample pages



Back cover imprint



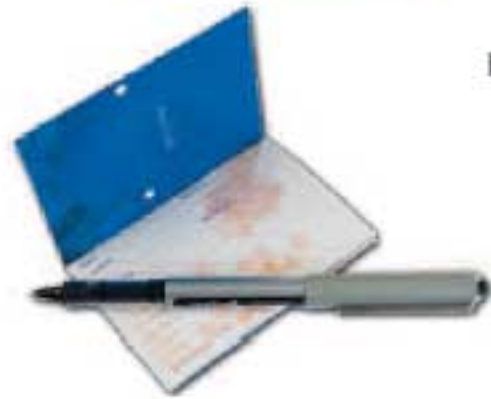
Available in Spanish See Pg. 59

**#4501 Planner**  
24-page full color  
Available in Spanish

**Med-Tracker** - Keep your important healthcare and insurance cards together along with other health information.

250	500	1,000	2,500	5,000
\$1.09	1.02	.98	.92	.84 5C

Set Up: \$35(G). Product Size: 3-7/16" x 2-1/2".  
Imprint: 2-1/16" x 1-1/8". Production: 10 days.  
See imprint colors on page 62.



**Mix & match**  
Multiples of 100 pieces per title

**#9560 Better Book**  
36-page health organizer & guide

**Health Organizer & Med-Tracker** - Keep track of your medications, their dosage and schedule as well as other important medical information in this full-size book form.

250	500	1,000	2,500	5,000
\$1.19	1.14	1.09	.99	.94 5C

Clear Vinyl Book Cover: Add \$.25(G) each.  
Set Up: \$35(G). Product Size: 3-3/4" x 6".  
Imprint: 2-1/4" x 1-1/8". Production: 10 days.  
See imprint colors on page 62.

