

## Health Pledge:

Today, I, \_\_\_\_\_, commit to scheduling my annual physical with my family physician to confirm that I am up to date on all health screenings—especially for prostate cancer.

As with a car, regular maintenance and inspection is essential for my body. Just as I would never put off an annual tune-up, oil change or tire rotation, I must do the same for my body. In the same way that I know the mileage on my car, I must also know my Prostate Specific Antigen (PSA) score, as well as my blood pressure, cholesterol and other health screening scores that are critical to preventing serious illness.

I will honor this pledge not only for myself, but for my family, friends and loved ones.  
My health is important to them too.

From this day forward, I will vow to make my health a priority.

\_\_\_\_\_  
*Signature*

\_\_\_\_\_  
*Date*

### ***Rudy Giuliani to Speak at EveryMan® Event, Wednesday, May 13***

EveryMan® is the first event of its kind in North Texas, raising funds for prostate cancer research, community outreach and expanded technology throughout the Baylor Health Care System. The event will be held, Wednesday, May 13, 2009 at the The Ritz-Carlton, Dallas. Rudy Giuliani, former New York City mayor and presidential candidate, will be the featured speaker. Giuliani's father died of prostate cancer in 1981, and Giuliani himself was diagnosed and successfully treated for the disease in 2000. EveryMan® serves as a community reminder that we can no longer keep men's health issues in the background. Baylor Health Care System aims to be a leader in prostate cancer awareness and prevention.

Ticket and sponsorship opportunities are now available. To learn more about the EveryMan® dinner or to secure tickets, please e-mail [BaylorEvents@BaylorHealth.edu](mailto:BaylorEvents@BaylorHealth.edu) with EveryMan® in the subject line or call 214.820.2681.

### ***Free Men's Health Event, Saturday, June 20***

To help you take charge of your health, Baylor Health Care System is hosting "It's a Guy Thing," a free men's health event, Saturday, June 20, at select Baylor hospitals around the Dallas/Fort Worth Metroplex. Free health screenings and seminars led by physicians on the medical staff at Baylor hospitals will be offered. To register or for more information, call 1-800-4BAYLOR or visit [www.BaylorHealth.com](http://www.BaylorHealth.com).

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