

## **BROADCAST- OSF physician applauds SNL skit about young men not going to the doctor**

### **ANCHOR LEAD IN:**

A recent Saturday Night Live skit poked fun at young men for not going to the doctor regularly and it set up a comic solution -- make the appointment feel like a podcast. While funny, an OSF HealthCare primary care doctor hopes the sketch reaches some men who really need to hear get the message to take care of their health, even when they feel fine.

VO or Radio Package :60 SOC

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OSF primary care doctor Mfowethu (mow-FOH-et-too) Langeni (lang-eh-NEE) young men think they are healthier than they are ...

**"A good portion of men between the age of 18 and 35 are actually in probably fair to poor condition as far as health is concerned. So, I think the first thing we do when you walk in the door in a primary doctor's office, we check your weight, we check your vitals and we check blood pressure. Those are some really quick things that we can get, but it can tell a lot of information." (:22)**

Getting family history can also help identify risks that could result in more regular screenings.

**TAG:** Dr. Langeni says bottom line, primary care is preventive care and not something to blow off just because you don't have symptoms of a health issue.