

NATIONAL MEN'S HEALTH MONTH

June of every year is known as National Men's Health month. The United States Centers of Disease Control and Prevention (CDC) reports that men often do not live as long as women. This can be contributed to numerous factors. However, there are many prevention methods that can reduce the risk of certain diseases and promote overall health in men. Remember to always make sure to speak with your physician to determine the best healthy lifestyle for you.

Men's Health Facts

- ✓ Per the CDC, men are less likely to have regular physician visits than women.
- ✓ One in three men have at least one form of heart disease, according to the American Heart Association.
- ✓ The American Cancer Society estimates that one in seven men will be diagnosed with prostate cancer at some point in their life.

Causes of Death in Men

The top five leading causes of death in men are:

1. heart disease
2. cancer
3. chronic lower respiratory disease
4. unintentional accidents
5. stroke

Other common causes of death in men include Alzheimer's disease, diabetes, and kidney disease.

Healthy Eating and Exercise

Eating right and exercising can reduce the risk of many diseases, such as cardiovascular disease or diabetes. These habits can also help in maintaining a healthy body weight.

Healthy Eating: A well-balanced diet should include fruits, vegetables, whole grains, and lean meats. Examples of lean meats are chicken, turkey, and fish. Also, food or drinks high in fat, salt, sugar, caffeine, or alcohol should be limited.

Exercise: Most adult men should be physically active for 30 minutes a day, 5 days a week. These activities should include both aerobic and muscle-strengthening exercises. Aerobic activities increase breathing and heartbeat. Strengthening exercises should work all muscle groups: legs, hips, back, chest, abdomen, shoulders, and arms.

Preventive Health Screenings and Exams

Preventive health screenings and exams help detect health issues early on. Below are some of the recommended tests available for men.

<i>Screening/Test</i>	<i>Recommendation</i>
blood pressure check	every 2 years starting at age 20
cholesterol measure	every 4 years starting at age 20
prostate cancer screening	discussion with physician about screening should start at age 50
colon cancer screening	every 5 years starting at age 50
testosterone screening	starting at age 40, frequency depends coexisting illnesses
dental exam	every 6 months
eye exam	every 2 years
medical check-up	every 2 years

The starting age and frequency of these screenings varies depending on the individual. Certain risk factors can affect how often these screenings should be completed. These factors include family history, certain medical conditions, or use of other medications.

Helpful Tips for Living a Healthy Lifestyle

There are other healthy habits that men can practice to live a healthier lifestyle. These include, but are not limited to:

- ✓ getting enough sleep
- ✓ managing stress
- ✓ quitting all tobacco use
- ✓ limiting alcohol intake
- ✓ wearing sunscreen when outdoors
- ✓ wearing a seatbelt when riding in a vehicle
- ✓ having regular dental visits and eye exams