

June is Men's Health Month



National Men's Health Month is observed each year and is a time to raise awareness of preventable health problems and encourage early detection and treatment of disease. This month is a reminder for men to take steps to be healthier.

Do you know the greatest threats to men's health? According to the Centers for Disease Control and Prevention the top causes of death among adult men in the U.S. are heart disease, cancer, unintentional injuries, chronic lower respiratory disease and stroke. The good news is that making a few lifestyle changes can significantly lower your risk of these common killers.

Start by looking at your lifestyle!

Take charge of your health by making better lifestyle choices. For example:

- **Don't smoke.** If you do smoke or use other tobacco products, ask your doctor to help you quit. Avoid exposure to secondhand smoke, air pollution and chemicals, such as those in the workplace. *Ask your provider to refer you into the My Health Onsite Tobacco Cessation Vital Investment Program to work with a Tobacco Treatment Specialist.
- **Eat a healthy diet.** Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated and trans fats, and foods with added sugar and sodium.
- **Get moving.** Exercise can help you control your weight, lower your risk of heart disease and stroke and possibly lower your risk of certain types of cancer. Choose activities you enjoy, such as tennis, basketball or brisk walking. All physical activity benefits your health.
- **Limit alcohol.** If you choose to drink alcohol, do so only in moderation. That means up to two drinks a day if you are age 65 or younger and one drink a day if you are older than age 65. Examples of one drink include 12 fluid ounces (355 milliliters) of beer, 5 fluid ounces (148 milliliters) of wine or 1.5 fluid ounces (44 milliliters) of standard 80-proof liquor. The risk of various types of cancer, such as liver cancer, appears to increase with the amount of alcohol you drink and the length of time you've been drinking regularly. Too much alcohol can also raise your blood pressure and increase your risk of heart attack and stroke.
- **Maintain a healthy weight.** Losing excess pounds — and keeping them off — can lower your risk of heart disease as well as various types of cancer. *If you need assistance losing weight ask your Provider about a referral into the My Health Onsite Weight Management Vital Investment Program to work one on one with a Registered Dietitian.
- **Manage stress.** If you feel constantly on edge or under pressure, your lifestyle habits may suffer — and so might your immune system. Take steps to reduce stress — or learn to deal with stress in healthy ways. Ask your provider about referring you into My Health Onsite's Stress Management Vital Investment Program.

Recommended Preventative Screenings for Men:

- **Aortic Abdominal Aneurysm (AAA):** Men between ages 65 and 75 who have ever smoked should have an ultrasound screening for presence of AAA.
- **Blood Cholesterol:** All men 35 or older should get blood cholesterol checked regularly. Men who use tobacco, are overweight or obese, have a relative with history of a heart attack before age of 50, have diabetes, high blood pressure or history of heart disease should get their cholesterol check much earlier, at the age of 20.
- **Blood Pressure:** Every man should have their blood pressure checked regularly and individuals with other cardiovascular risk factors should check blood pressure more frequently.
- **Colon Cancer:** All men should get screened for colorectal (colon or rectal) cancer by age 50. Individuals with family history of colorectal cancer should get a colonoscopy even sooner.
- **Diabetes:** Men should be screened for Type 2 Diabetes if they have elevated blood pressure.
- **HIV:** Individuals should discuss need for HIV testing annually with their provider depending on individual risk factors.
- **Lung Cancer:** Annual screening is recommended for men ages 55–80 years who have smoked an average of 1 pack a day for 20 years, currently smoke, or have quit within the past 15 years.
- **Prostate Cancer:** The American Cancer Society recommends men begin prostate cancer screening at age 50 with an annual digital rectal exam of the prostate and possible PSA blood test. Men at high risk (African-American or those with a close blood relative who had prostate cancer before age 65), should begin screening at age 45.



See Your Provider Routinely

Don't wait to visit your provider until something is seriously wrong. Your provider can be your best ally for maintaining health and preventing disease. Follow your provider's treatment recommendations if you have health issues, such as high cholesterol, high blood pressure or diabetes. Also, ask your provider about when to have preventive care such as cancer screenings, vaccinations and other health evaluations.

Source: Mayo Clinic, Center for Disease Control and Prevention, & American Cancer Society | This information is shared by My Health Onsite for general information and education only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should always consult your healthcare provider if you have any concerns or questions about your health.

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