

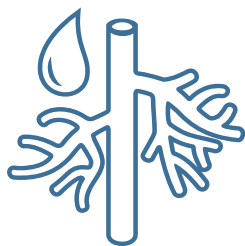
MAN-AGE YOUR HEALTH THIS June

Whether it's being there for your family, advancing in your career, or completing a marathon, being the healthiest version of you can help you get there. June is Men's Health Month, and a perfect time to focus on yourself. The goal is to raise awareness for preventable health issues, encourage early detection and treatment of disease, and promote regular doctor visits for men and boys.

Preventive Care

Did you know? Men are less likely than women to get routine physical exams from a doctor. One study showed that 55% of men had not seen their doctor in the previous year — even though 40% of them had a chronic condition. So make sure you're making that appointment — even if you're feeling great.

Some specific preventive tests for men include:



ABDOMINAL AORTIC ANEURYSM

Men ages 65 to 75 who have ever smoked should have this one-time ultrasound.



PROSTATE EXAM

Most men who are not high risk can wait until age 50 to get a prostate exam. If you have a family history of prostate problems, talk to your doctor about getting an exam sooner.



CARDIOVASCULAR

Men are 28% more likely than women to be hospitalized for congestive heart failure, so make sure you're tested regularly.



Matters of Men's Health

Cardiovascular health is important to watch for men specifically. Over 39 million American men (1 in 3) suffer from a cardiovascular condition, such as coronary heart disease, high blood pressure, and heart attack. A healthy diet and regular exercise can decrease your risk. If you're over 45, have family history of heart disease, or are overweight, you're more at risk. Talk to your doctor about getting your heart in the right place!

Women are more likely to be diagnosed with **mental health** issues, but that doesn't mean men aren't affected. In fact, more than 6 million men in the U.S. suffer from depression each year, but men are less likely to visit a healthcare provider, and typically more reluctant to discuss issues, especially regarding emotions or mood. Mental health can also cause physical symptoms like digestive problems or chronic pain. Don't be afraid to talk to your doctor if you are dealing with depression, anxiety, or emotional issues. You are not alone!

Over 700,000 men are diagnosed with **cancer** annually. But many cancers are preventable! Around one third of cancer deaths are caused by smoking, while another third may be caused by lack of exercise and poor diet. Common types of cancers affecting men are prostate cancer, testicular cancer, stomach cancer and breast cancer. Early detection and reducing risk can help beat cancer. If you smoke, drink regularly, have a family history of cancer, or are over age 55, you have a higher risk and should talk to your doctor. Also be aware of what to look for. Some common symptoms of cancer include:

Lumps you
can feel through
the skin

Sores that
won't heal

Changes in size or
color of a mole

Unexpected
weight loss

Unusual bleeding

If you're experiencing any of these symptoms or any new physical issues come up, talk to your doctor. Better safe than sorry!



WHAT CAN YOU DO?

Get involved and Wear BLUE. Men's Health Network created an annual Wear BLUE day to raise awareness about male health and to encourage men to live longer and healthier. This year, Wear BLUE Day is Friday, June 19. Visit www.menshealthnetwork.org/wearblue/ to learn more. Don't forget to use the hashtag #ShowUsYourBlue.

Take it to heart. Change starts with you! Your health matters. This month, start new healthy habits. Make changes to your diet. Add fruits and veggies to your daily meals. Get moving with your family – increase your daily exercise, even if it's just taking the stairs or going for a long walk.

Take some time this June to focus on your own health and encourage the men in your life to do the same.