

Route to Improved Health

Eating a variety of foods to balance your diet such as fruits and vegetables are essential to getting the nutrients your body needs. Also, include lean protein, high-fiber foods and minimize your intake of sugar, sodium, and saturated fat.

It is recommended that men get at least 150 minutes of moderate activity each week. This can be obtained by walking, jogging, bicycling, or swimming. Men also should do exercises to strengthen their muscles. By doing this you can lower your risk of falls and injuries. It is especially vital as you age. Routine exercise helps to manage your weight, can reduce your risk of certain issues and cancer.

Other lifestyle modifications men should consider making to maintain their health:

- Lose weight if overweight
- Do not smoke or use tobacco
- Limit alcohol consumption (Men should have no more than 2 drinks per day)
- Protect skin from the sun
- Manage stress
- Practice safe sex



Statistics

- In 2020 13.2% of men aged 18 and over were in fair or poor health
- In 2018 57.6% of men aged 18 and over met the federal physical activity guidelines for aerobic activity through leisure-time aerobic activity
- In 2020 14.1% of men aged 18 and over smoked cigarettes
- In 2020 there were 1,769,884 male deaths (all ages)
- In 2020 there were 1,090.8 male deaths per 100,000 population

References:

Staff, F. E., Rice, A., & Jsworlds. (2020, August 24). *Men's Guide to Preventive Health Care*. familydoctor.org. Retrieved October 6, 2022, from <https://familydoctor.org/mens-guide-preventive-health-care/>

U.S. National Library of Medicine. (n.d.). *Men's Health*. MedlinePlus. Retrieved October 6, 2022, from <https://medlineplus.gov/menshealth.html>


This brochure is intended to promote healthy habits. It is not intended as a substitute for medical advice or professional care. Before making changes to your diet or exercise, consult your health care provider.



MEN'S HEALTH

Give Attention to
YOUR HEALTH!





Most men need to pay more consideration to their health. Compared to women, men are more likely to:

- Smoke and drink
- Make unhealthy or risky choices
- Put off regular checkups and medical care

There are some health issues that only affect men, such as prostate cancer and low testosterone. Much of the major health risks that men face can be avoided and treated with early diagnosis. It is vital to stay on top of the recommended screenings so that doctors can find any possible issues early, which can make them easier to treat.

Health issues Specific to Men Only?

Men have higher rates of getting and dying from cancer than women. There are numerous risk factors that can raise your chances for getting cancer. You cannot control some risk factors, like getting older, but can control a lot of others. Two of the most vital things you can do are making healthy choices and getting the screening tests that are right for you.

Healthy Choices

Quitting smoking is one of the best ways to lower your cancer risk because it can cause cancer almost anywhere in the body. If you do not smoke, be aware of secondhand smoke and stay away from those who do smoke.

Screening Tests

Cancer Screening means checking your body for cancer before you have symptoms. All screening tests have benefits and harms. Screening is recommended when the benefits outweigh the harms.



What Is Colorectal Cancer Screening?

Colorectal cancer nearly always develops from abnormal growths in the colon or rectum. Screening tests can find abnormal growths, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early when treatment works best.

Routine screenings, beginning at age 45, are the key to preventing colorectal cancer and finding it early. The U.S. Preventive Services Task Force (Task Force) recommends that adults ages 45 to 75 be screened for colorectal cancer. The Task Force recommends that adults ages 76 to 85 talk to their doctor about screening. They also recommend several colorectal cancer screening strategies, including stool tests, flexible sigmoidoscopy, colonoscopy, and CT colonography.

What You Can Do to Maintain Your Health

Various factors play a role in staying healthy. As a result, good health can reduce your risk of developing certain issues. These issues include heart disease, stroke, some cancers, and injuries.

Eat healthy

What you eat is thoroughly connected to your health. Having a balanced nutritious diet has numerous benefits. By making healthier food choices, you can prevent or treat some conditions.

Get regular exercise

Exercise can help prevent serious health issues and people who engage in some form of exercise also get injured less often. Attempt to be active for 30 to 60 minutes around 5 times a week. Remember, any amount of exercise is better than none.

Protect your Skin

Be sure to wear protective clothing and hats when you are outside. Remember to use sunscreen year-round on exposed skin, such as your face and hands. Sunscreen protects your skin and helps prevent skin cancer. When selecting sunscreen, select a broad-spectrum that blocks both UVA and UVB rays. It should be at least SPF 15.

Preventive Care

As we get older, it is important for men to take their health seriously. Meaning making it a priority to schedule routine screenings and services. Preventive care includes immunizations, testing for sexually transmitted infections (STIs), and more.

Staying on top of your preventive care is vital. By doing this, your chances of staying healthy and receiving treatment for medical problems if they occur increase. Detecting an issue earlier can result in an easier, more effective treatment. It can also mean fewer costs in the long run. Routine preventive care can help to identify your potential for disease before it happens.

Compared to women, men are more likely to smoke and drink, make unhealthy choices, and put off regular medical checkups and care. Men have some different health care needs than women.

Other things to do:

- Every 6 to 12 months, get dental and eye exams
- Get an annual flu vaccine
- Every 1 to 2 years, get your blood pressure checked. Consult with your doctor about how often you should have your cholesterol levels tested. These results can assist with predicting and preventing your risk of heart disease and diabetes.
- Around age 60, get vaccinated for conditions such as shingles and pneumonia.

