

# MEN PROTECT YOUR HEALTH

Men's Health week in June is to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

## Did you know?

ON AVERAGE  
**men live**  
about  
**5 years less**  
than women



**1 in 2**  
**men**  
will develop  
**cancer**

MEN HAVE A  
**higher death rate**  
for most leading causes of death  
*including cancer, heart disease, diabetes, and suicide*

APPROXIMATELY  
**30,000**  
**men**  
IN THE U.S.  
die each year  
from  
**prostate cancer**

Men make  
**1/2** as many  
physician visits for  
**prevention**  
as women

Men are more likely to be **uninsured** than women

*The health of men in America is steadily deteriorating, largely due to poor health education, lack of awareness and culturally induced behavior patterns. This has caused a silent health crisis, whereby men face higher mortality rates than women for 9 of the 10 leading causes of death in addition to a shorter life span.*

*Men's health is not only a concern for men, but it is also a concern for women who care about the health of their fathers, husbands, sons and brothers. Additionally, men's health is an issue for employers who lose productive employees and pay the costs of their medical care, as well as for society, which absorbs the enormous costs of premature death and disability.*



## **Talk with your loved ones about common men's health concerns.**

### **Talk to your loved ones about the importance of having healthcare coverage.**

#### **Health Tips for Men in Their 40s & 50's**

##### **1. De-Stress.**

For many men, career, financial, and family pressures can make the 40s and 50s a very stressful time. And stress is a known risk factor of heart disease. Keep in mind, too, that heart disease hits men at a younger age than it does women. In addition, heart disease is the No.1 killer of men age 45 to 54. Now's the time to find ways to get that stress off your back, whether it's regular exercise, yoga, meditation or stress management classes.



Men are more likely to die from heart disease at earlier ages.

##### **2. Don't skip the doctor.**

It's easy for guys to get out of the habit of routine care. But as you reach midlife, this is one habit you should start, not stop. Schedule your primary care visit when you have your birthday to help you remember.

### 3. Deflate the spare tire.

Many men tend to gain weight around the middle as they hit midlife. Watch it closely. Studies have found that spare tires trump even general obesity as a predictor of heart disease and diabetes.



It can be challenging to keep track of all the tests, vaccines, and preventative health measures a man needs to be healthy throughout his life. That may be one reason why a recent American Academy of Family Physicians (AAFP) survey found that male patients often don't take prescriptions as directed or get routine testing that doctors ordered.

#### **As a Testing Example, You should (In your 40s) have the following:**

- Annual physical exam including blood pressure, height/weight checks
- Depending on your individual circumstances, your doctor may want to do an electrocardiogram to check for heart disease, and blood tests to screen for thyroid disease, liver problems, and anemia
- Screening for coronary heart disease in individuals with strong family history and/or risk factor
- Screening for prostate cancer
- Diabetes screening every 3 years over the age of 45
- Cholesterol testing every 5 years
- Depending on risk factors, your doctor may also recommend screening for skin cancer, oral cancer, sexually transmitted diseases, and alcohol abuse
- Screening for testicular cancer, including monthly self-exams
- Vision examination

On the plus side, 61 percent of men say they've seen a doctor in the last six months or less, according to the latest data from the Centers of Disease Control and Prevention.

Developing a relationship with your primary healthcare provider is a smart move, says John Meigs, Jr. M.D., President of the AAFP.

**THE TOP 3 REASONS FOR  
REDUCED LIFESPAN IN MEN  
ARE CARDIOVASCULAR  
DISEASE, SUICIDE, AND  
MOTOR VEHICLE ACCIDENTS.**

**“Take Ownership of Your Health” Blueprint for Men’s Health** is a Guide to a Healthy Lifestyle that discusses the health issues that men face today. Each chapter focuses on a single condition or group of related conditions effecting men. This 70+ page book which is also available online reviews the factors that increase health risks, how to recognize symptoms and give practical, easy to implement prevention strategies.

<http://blueprintformenshealth.com/>

For more information on Men's Health, please visit:

<http://menshealthnetwork.org/>

<https://www.consumerreports.org/men-s-health/mens-health-checklist-for-every-age/>

<https://www.mensjournal.com/health-fitness/>

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