

Men's health

Many of the biggest threats to men's health are preventable and you can start taking better care of your health today.

What conditions should I be aware of?

According to the Centers for Disease Control and Prevention, the top causes of death among men in the United States are heart disease, cancer, accidents and unintentional injuries, respiratory disease and stroke.¹

Men are also more likely to face particular forms of cancer.² Common cancers in men include prostate, lung, skin and colorectal. It's important to talk with your healthcare provider about the screening tests that can identify these cancers early, when they are likely easier to treat.³

Follow the path to better health

A healthy life begins with a healthy lifestyle. There are steps you can take each day to help improve or maintain your health, as well as tests and vaccines you should talk to your healthcare team about.

Every day, try to...

- Eat a healthy diet. Choose a diet rich in fruits, vegetables, high-fiber, whole grains and lean sources of protein, like fish and poultry. Limit foods high in saturated fat, added sugar and sodium.
- Be active. Exercise may benefit your physical and mental health. Try to get at least 30 minutes of physical activity each day, but talk to your healthcare provider about limitations you may have.
- Keep a healthy weight. Losing extra weight—and keeping it off—can help lower your risk of heart disease and cancer.⁴
- Get plenty of sleep. Practice healthy sleep habits to help you get at least 7–8 hours of sleep per night. If you're a heavy snorer, or you've been told you wake up gasping for air, talk to your healthcare provider about sleep apnea.
- Limit alcohol. If you drink alcohol, it's important to do so in moderation. That means no more than two drinks per day for men age 65 and younger, and one drink per day for men older than age 65.
- Get help to quit smoking. The sooner you quit, the better.
- Stay mentally active. Get involved in an activity that interests you, such as a book club or taking classes at your local library or senior center. Staying social can help boost brain health and stave off symptoms of depression.
- Protect your skin. Limit your time spent in the sun and use a broad-spectrum sunscreen year-round to help prevent skin cancer.
- Stay safe. Always wear your seat belt and follow the speed limit. Avoid driving while under the influence of alcohol or other substances, and don't drive while you're sleepy.

At least once per year, ask your healthcare provider about...

- Screenings, tests and vaccines you need. Keep a record of your screenings (including the results) and immunizations to help you stay on track.
- Your risk for certain health conditions. Talk to family members about which diseases run in your family and share this information with your healthcare provider.
- Your lifestyle habits. Share your diet and activity habits with your provider and listen to his/her guidance

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about steps you can take to live a healthier life.

- How to prevent falls. Tell your provider if you'd had any falls or have felt off balance.
- Sensitive topics, such as emotional health concerns like depression. Don't be afraid to ask what you can do to help yourself feel better.

Use the chart below to help you stay up to date on screenings and vaccines.⁵

What is it?	What's it for?	How often do I need it?
Physical exam	To check your overall health	Once a year
Blood glucose (sugar)	To check for diabetes	Every 3 years, but you should have your A1c checked at least twice per year if you have diabetes
Blood pressure	To check for hypertension	Every healthcare provider visit
Bone mineral density test	To check for osteoporosis	Ask your healthcare provider
Blood lipid profile (including HDL and LDL cholesterol and triglycerides)	To check for high cholesterol	Every 5 years; more often if directed by your healthcare provider
Prostate exam and prostate-specific antigen (PSA) test	To check for prostate cancer	Ask your healthcare provider
Colonoscopy, sigmoidoscopy, and fecal occult blood test	To check for colorectal cancer	Ask your healthcare provider
Skin exam	To check for skin cancer	Ask your healthcare provider
Eye exam	To check for vision problems like macular degeneration, glaucoma and cataracts	Every 1–2 years
Dental exam	To check for gum and oral diseases	Ask your dentist
Hearing exam	To check for hearing loss, earwax buildup and fluid in the ear	Every 3 years

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What is it?	What's it for?	How often do I need it?
Flu shot	To help protect against influenza	Once every flu season
Pneumonia shot	To help prevent a respiratory infection	Ask your healthcare provider
Tdap vaccine	To help protect against tetanus, diphtheria and pertussis	One dose with a Tdap booster every 10 years
Shingles vaccine	To help prevent shingles	Ask your healthcare provider

References

¹Centers for Disease Control and Prevention

https://www.cdc.gov/nchs/data/nvsr/nvsr66/nvsr66_05.pdf

²Centers for Disease Control and Prevention

<https://www.cdc.gov/cancer/dcpc/resources/features/CancerAndMen/>

³American Cancer Society

www.cancer.org/cancer/prostate-cancer/detection-diagnosis-staging/detection.html

⁴Mayo Clinic

www.mayoclinic.org/healthy-lifestyle/mens-health/in-depth/mens-health/art-20047764?p=1

⁵U.S. Preventive Services Taskforce

www.uspreventiveservicestaskforce.org/BrowseRec/Index

This is for informational purposes only and does not replace treatment or advice from a healthcare professional. If you have questions, please talk with your healthcare provider. Talk to your provider before beginning an exercise program or making any changes to your diet.