

Men's Health Month

June is the time to celebrate the men in our lives. During June we want to draw attention to the preventable health problems men face and encourage action – behavior changes, early detection and screening, and treatment.

TESTICULAR CANCER IS THE MOST COMMON CANCER IN MALES BETWEEN THE AGES OF 15 AND 35.




Surprising Facts about Men's Health


- Men live about 5 fewer years than women
- Men are more likely to die from heart disease
- Men are more likely to be killed or injured by lightning
- Men are less likely to go to the doctor
- Men commit suicide more often than women
- Men are more likely to use tobacco and drink excessively

3


TIPS ON HOW TO STAY HEALTHY



GIVE YOUR HEART SOME TLC BY EATING FRESH FRUITS AND VEGETABLES DAILY



MOVE YOUR BODY! JUST 30 MINUTES A DAY OF MODERATE EXERCISE CAN IMPROVE HEALTH



MAKE AN APPOINTMENT WITH YOUR DOCTOR

HEALTH FACTS MEN NEED TO KNOW!

Only 30% of a man's overall health is determined by genetics

- Men who sleep 7-8 hours a night have about 60% less risk of fatal heart attack than those who sleep 5 hours or less
- Inactive men are 60% more likely to suffer from depression than those who are active
- 94% of all workforce fatalities are Men

6 COMPELLING BENEFITS OF EXERCISE



- Higher testosterone levels - exercise can help counter the drop in testosterone as men age
- Better quality of life
- Lowers risk of some cancers
- Lowers risk of cardiovascular disease
- Lowers risk of death from diabetes and sleep apnea
- Longer life

