

HealthMatters

AN EVERSIDE HEALTH & WELLNESS RESOURCE | 2022



Men: be proactive and take charge of your health!

Your Everside Health provider can help you get on track mentally and physically. Feel the difference when you live your strongest, healthiest life. We are on your side every step of the way. Don't delay or miss the healthcare you deserve!

Men's health starts with awareness

Improving men's health

To improve men's overall health, it's important to raise awareness on topics concerning men of all ages and backgrounds including:

- Issues related to or having a higher impact on men's health.
- Prevention related to healthy lifestyles and behavior change.
- Preventive screenings and regular healthcare check-ups.

Cardiovascular health

Heart disease is the leading cause of death for men each year. Heart disease is a term that includes several more specific conditions. The most common is coronary heart disease (CHD) where the flow of blood to the heart is blocked or reduced.

Did you know?

The National Center for Health Statistics reports that women live about 5.4 years longer than men.

Common health conditions that increase your risk of heart disease include:

- High blood pressure
- Unhealthy blood cholesterol
- Diabetes
- Excess body fat

Cancer

Cancer may develop in anyone at any time, but historically, cancer is diagnosed in men more often than women. The most common cancers for males include skin, prostate, colorectal and lung.

Studies have found that these differences in cancer incidences and outcomes may be attributed to lifestyle-related risk factors:

- Tobacco use
- Drinking alcohol
- Eating fatty foods

Healthy lifestyle choices and preventive screenings for early detection are key in treating and surviving a cancer diagnosis.

Erectile dysfunction

More than half of men between the ages of 40 and 70 experience some form of ED. Having erection trouble from time to time isn't necessarily a cause for concern. Talk to your provider if you have questions. Sometimes underlying conditions, such as heart disease, diabetes, and tobacco use may be linked to ED.

Social pressures

Social pressures for men to behave in "masculine" ways are connected to differences in men's health and life expectancy. Increased stress, refusal to seek health care and risk-taking behaviors that include drugs, alcohol and acts of violence, can lead men down the path of unhealthy lifestyles.

Contact your Everside Health provider today to schedule your annual exam.

Prevention is key to men's health, longevity and quality of life

Men should visit their healthcare provider once a year and more if recommended, even if they feel healthy. The goals for these visits are to:

- Screen for medical issues
- Reduce the risk for future medical problems
- Encourage a healthy lifestyle
- Update vaccinations
- Build trusting patient/provider relationships

During your visit, your provider will discuss which health exams and screenings are right for you, depending on age and health history.

Men's recommended health exams may include:

- Physical exams (vitals, health history, immunizations)
- Dental exams
- Eye exams
- Testicular (self) exams
- Skin (self) exams

Men's recommended health screenings may include:

- Blood pressure
- Cholesterol
- Diabetes
- Mental health
- Infectious disease (hepatitis C)
- Cancer (colorectal, prostate, lung)
- Abdominal aortic aneurysm
- Hearing

Want to learn more?

Contact your provider to discuss health exams and screenings that are appropriate for you.

Sources:

["Centering the Margins": Moving Equity to the Center of Men's Health Research | PMC](#), accessed 08/24/2022

[Erectile dysfunction - Symptoms and causes - Mayo Clinic](#), accessed 09/12/2022

[Medical Encyclopedia: H: Health Screenings for Men | MedlinePlus](#), accessed 08/24/2022

[Men: Take Charge of Your Health | MyHealthfinder](#), accessed 08/24/2022

[Cancer and Men Feature | CDC](#), accessed 09/12/2022

[Men and Heart Disease | cdc.gov](#), accessed 09/12/2022

Healthy lifestyle behaviors can help to improve men's health!

Healthy eating habits and regular physical activity can help lower the risks of serious health problems like type 2 diabetes and heart disease.

In addition:

- If you drink alcohol, drink only in moderation (men = 2 / women = 1 drink or less per day)
- If you use tobacco, work on a plan to stop

Make small changes every day

- Take a walk instead of watching TV
- Try crunchy vegetables instead of chips
- Drink water flavored with fruit instead of soda or other sugary drinks

Take care of you first

You are human, not a machine! Take time to enjoy life and the people who matter to you.

- Get involved in hobbies or community activities that you enjoy
- Stay connected to friends who positively impact your friendship and overall well-being
- Plan a vacation or at least a weekend for rest and relaxation

Talk about it

You don't have to be embarrassed to talk about your overall health.

- Start by talking to family members to find out more about your family health history
- Talk to your health care provider or find a support group that can offer additional resources