



healthy choices



live well. be well.

Men's Health

Take action!

To all the men, take care of yourself so that you can be healthy, you can do your job, you can help and care for others, and you can do all the things you need to do or want to accomplish.

Men's health is not just a "man's issue." Men's health impacts spouses, parents, children, siblings, and friends.

So, men, it's time to take action!

- **Eat healthy**
- **Be Active**
- **Quit Tobacco**
- **Make Prevention a priority**
- **Monthly testicular self-exams**
- **Limit Alcohol consumption**
- **Manage stress**

Preventative Care

Don't Skip your Preventive Care. It's time to focus on creating a positive attitude around men's health, especially when it comes to preventive care. Men often skip routine healthcare visits out of fear of looking weak. A study from the Cleveland Clinic showed that 40 percent of men only go to the doctor when they're having a serious health issue. Skipping yearly physicals and checkups could be the difference between catching health issues early or when it's too late.

Health experts from the U.S. Preventive Service Task Force have made recommendations, based on scientific evidence, about testing for these conditions. Talk to your physician about which ones apply to you and when and how often you should be tested.

Colorectal Cancer
 HIV
 Depression
 Obesity
 Shingles Vaccine

Blood Pressure
 Cholesterol
 Type 2 Diabetes
 Smoking
 Cessation

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Visit an in-network provider for prostate cancer screenings, which is covered at the medical level.

Prostate Cancer Awareness



1 AND 8

Men will be diagnosed with prostate cancer.

248,530

New cases will be diagnosed this year.

34,130

Deaths due to prostate cancer.

5-10%

of cases are genetic in origin.

Diet, Sedantary Lifestyle, and Obesity seem strong linked to prostate cancer.

77%

of cases are diagnosed at early stage, despite multiple screening options available.

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Distinct symptoms at early stage, localized, cancers.

Some report troubles or changes urinating.

39%

Of men opted for a prostate exam last year.

Prostate exams can begin at 45. Before screening, it is important you discuss your options with your doctor.