

June is Men's Health Month

JUNE 1, 2022

June has been designated as Men's Health Month to increase awareness about health care for men and boys. The month is dedicated to encouraging and persuading men to take a long look at their health, habits, and lifestyles, such as are they getting enough sleep, eating enough produce, exercising, etc. According to the CDC, Centers for Disease Control and Prevention, men in the United States, on average, die five years earlier than women and die at higher rates from the three leading causes of death: heart disease, cancer and unintentional injuries.

Health Screenings for Men from the CDC. Learn more at www.cdc.gov

Some health conditions only affect men, such as prostate cancer and low testosterone. Many of the major health risks men face - like colon cancer or heart disease - can be prevented and treated with early diagnosis. Screening tests can find diseases early when they are easier to treat. It is important men get the screening tests they need.

The first step is to schedule a physical with a primary care provider. The purpose of annual physicals is to:

- Screen for medical issues
- Assess any risks for future medical problems
- Encourage a healthy lifestyle
- Update vaccinations
- And establish a relationship with the provider in case of an illness

Recommended Screenings

Depending on age, lifestyle and other factors, some screenings that may be needed as part of the physical or ongoing care include:

- Blood pressure
- Diabetes
- Cholesterol
- Infectious disease
- Height and weight for Body Mass Index (BMI) calculation
- Colorectal, prostate and lung cancer
- Osteoporosis