

# MEN'S HEALTH

## Maintaining a Balanced Lifestyle

### Proactively Manage Your Health

If you take better care of your car or your lawn than your own health, it may be time to visit with a primary care provider. An Orlando Health survey found that out of 900 male respondents, "33% think they don't need annual checkups."

When you partner with a primary care provider, you can establish a health plan and catch problems before they develop into bigger issues.



### Leading Causes of Death

According to the Centers for Disease Control and Prevention (CDC), the top two leading causes of death for males are:

- 1 Heart Disease
- 2 Cancer

For all races and origins, heart disease ranked the highest, affecting 24% of men, while cancer ranked second affecting 22% of men.

### Top Screenings

Screenings can help find problems early on when they may be easier to treat. Depending on your family and medical history, some tests will vary depending on which conditions you are dealing with. You should always consult with your provider if you are unsure of what screenings you need and how often. Common screenings for men include:

#### • Prostate Health

Prostate cancer is the most common cancer in men, yet it is also the most controversial cancer when it comes to the benefits (or potential harms) of screening with a prostate-specific-antigen (PSA) blood test. For men at average risk, the American Cancer Society recommends discussing with their health-care provider if prostate cancer screening is right for them, starting at age 50.

#### • Obesity

Being obese increases your chances of developing diabetes, heart disease and many other issues. Calculate your body mass index (BMI) to screen for obesity and discuss next steps with your provider. Visit [cdc.gov/healthyweight/assessing/index.html](https://cdc.gov/healthyweight/assessing/index.html) to calculate your BMI.

#### • High Cholesterol

High cholesterol can lead to heart disease, heart attacks and hardening of the arteries. Start having your cholesterol checked at age 35.

#### • High Blood Pressure

High blood pressure is 140/90 or higher. Have your blood pressure checked at least every two years. Maintaining a normal blood pressure will decrease your chances of stroke, heart attack or kidney failure.

#### • Diabetes

If you already have high blood pressure or high cholesterol, developing diabetes will increase your risk for blindness, kidney failure, heart disease and more. Screen for diabetes starting at age 40 and repeat the screening at least every three years.





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## Most Common Issues

Men are 1.5 times more likely than woman to die of heart disease, cancer and respiratory disease. Other issues may arise throughout your lifetime so you should always remain in contact with your primary care provider. Some of the most common issues men face are listed below. Review the condition and symptom list and talk to your provider about any questions or concerns.

### • Heart Disease

Abnormal heartbeats, chest pain, shortness of breath with activity, numbness in limbs, swollen legs, skin rash.

### • COPD and Other Respiratory Diseases

New or worsening dizziness or confusion, shortness of breath, frequent cough, irregular or fast pulse.

### • Depression

Sad or depressed mood, appetite changes, suicidal thoughts, problems sleeping or sleeping too much.

### • Alcohol

Unable to limit the amount you drink, urge to drink alcohol, giving up social situations to drink alcohol.

### • Unintentional Injuries and Accidents

Poisoning, motor vehicle accidents, drowning, falls.

### • Liver Disease

Skin and eyes appear yellow, itchy skin, dark urine color, chronic fatigue, abdominal swelling and pain.

### • Diabetes

Extremely high/low blood sugars, excessive thirst, frequent urination, extreme confusion, lightheadedness, blurry vision, trouble reading.

## Treating Common Issues

Routine checkups are a critical component of preventive health. Primary care visits help detect and treat problems early before they escalate. Talk with your provider about the most effective way to treat your condition.

## Health Tips

Below are a few simple health tips to help you proactively manage your health:

### • Eat Natural Foods or Healthier Alternatives

Shop the perimeter of the grocery store to avoid the middle aisles that contain the most processed food.

### • Exercise Regularly

45% of men don't engage in enough physical activity and 35% are obese. Get at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous aerobic exercise every week.

### • Get More Sleep

Seven to nine hours of sleep a night is the recommended amount of sleep for men.

### • Break Unhealthy Habits

Quit smoking to decrease your chances of developing different types of cancers.

### • Limit Alcohol Intake

32% of men drink more than five alcoholic beverages in one day. You can still enjoy your favorite cocktail or beer, but doing so in moderation (two drinks or less a day) can help you avoid future issues.

### • Visit Your Doctor Regularly

Annual check ups are a good way to check in with your provider to make sure you're up-to-date on all the latest screenings.

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