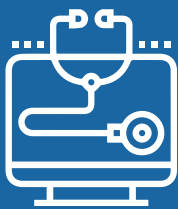


MEN'S HEALTH GUIDE

If you maintain your car better than you maintain your own health, it may be time to visit with a primary care provider.

Men are **1.5 times** more likely than women to die of heart disease, cancer and respiratory disease.



TOP SCREENINGS

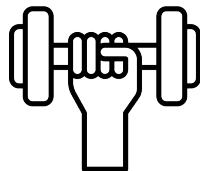
- Prostate Health
- Diabetes
- Obesity
- High Cholesterol
- High Blood Pressure

You should always consult with a provider if you are unsure of what screenings you need and how often.

33% of males think they don't need annual checkups, according to an Orlando Health survey.

RECOMMENDED BEST EXERCISES FOR MEN: (MEN'S HEALTH)

- Biceps:** Dumbbell Incline Curl
- Chest:** Neutral-Grip Dumbbell Bench Press
- Core:** Half-Kneeling Rotational Cable Chop
- Quads:** Barbell Front Squat with Heels Elevated
- Shoulders:** Half-Kneeling Single-Arm Bottom-Up Kettlebell Press



HEALTH TIPS

- Eat natural foods or healthier alternatives
- Exercise regularly
- Get more sleep
- Break unhealthy habits
- Limit alcohol intake
- Visit your doctor regularly



Nearly half of testicular cancer diagnoses occur in men age 20 to 34.

Half of American men will receive a cancer diagnosis during their lifetime.

→ University of Utah Health Care

WHAT TO LOOK FOR IN A VITAMIN:

Vitamins are food compounds that help you perform many essential functions in your body. When choosing a vitamin, here are key nutrients to consider:

Vitamin A, B, C, D, E and K, Calcium, Thiamine, Biotin, Folate, Riboflavin, Niacin

(Forbes Health)

Regular visits and discussions with your care team can help create a personalized care plan to uniquely identify which screenings and tests are appropriate based on your age and risk factors.

NHN's men's health resource can help determine which screenings are appropriate for your age group. View the resource today at NebraskaHealthNetwork.com/general-health-patients/.

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