

Get Healthy Stay Healthy

MEN'S HEALTH MONTH – FACE THE FACTS

The top causes of death among adult men in the U.S. are heart disease, cancer, unintentional injuries, chronic lower respiratory disease, and stroke. The good news is that making a few lifestyle changes can significantly lower the risk of these common killers.¹

Mental Health



1 in 10 men in the U.S. experience depression and anxiety.⁹



ATTENTION!
Start a conversation with a friend, loved one, or your doctor if you have feelings of depression or anxiety.⁹

Heart Disease



cause of death in men in the U.S.²



Cause of 1 out of 4 deaths in men in the U.S. in 2019.⁴

Half of all men in the U.S. that die suddenly of heart disease had **NO** symptoms.⁴



Strokes



cause of death in men in the U.S.²



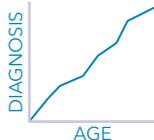
Leading cause of long-term disability.³

main risk factor: **HYPERTENSION**²

Prostate Cancer



The risk of developing prostate cancer increases with age.⁵



Skin Cancer

U.S. MEN 49 AND UNDER have a higher chance of developing melanoma than any other type of cancer.⁶

Protect Yourself



SPF 15+

If you're wearing a baseball cap or short-sleeved shirt, make sure to put sunscreen on your ears, neck, and arms.⁷

Use a broad spectrum sunscreen on any exposed skin, and don't forget to re-apply it **EVERY 2 HOURS**.⁷



Stay in the shade as much as possible.⁷

Quit Smoking



About 1 out of 6 men in the U.S. smoke.³

Smoking damages blood vessels, which can lead to a **STROKE**.³

Your Numbers

Manage your blood pressure and cholesterol numbers with healthy lifestyle changes. If a medicine is prescribed, be sure to **TAKE IT AS DIRECTED**.³

Eat Healthy

Choose healthy foods. Being overweight raises your risk of heart disease.⁴



Visit Your Doctor

Get screened for high cholesterol, high blood pressure, and cancer **BEFORE** you have symptoms.¹



Out of **1,000** screened for prostate cancer: **ONE** will avoid death, **THREE** will avoid cancer spreading.⁸

Get Active!



Only 1 out of 3 men in the U.S. get enough physical activity.³

Adults 18+ should get **AT LEAST 150 MINUTES** of physical activity each week.³

Sources:

- [1. https://mayoclinic.org/3u6YfmH](https://mayoclinic.org/3u6YfmH)
- [2. https://bit.ly/3428ZIs](https://bit.ly/3428ZIs)
- [3. https://bit.ly/3vazCqG](https://bit.ly/3vazCqG)
- [4. https://bit.ly/3yw905m](https://bit.ly/3yw905m)
- [5. https://bit.ly/3u2HSHO](https://bit.ly/3u2HSHO)
- [6. https://bit.ly/3v8AWdr](https://bit.ly/3v8AWdr)
- [7. https://bit.ly/3uaN5gN](https://bit.ly/3uaN5gN)
- [8. https://bit.ly/34idv5X](https://bit.ly/34idv5X)
- [9. https://bit.ly/2Sgm26B](https://bit.ly/2Sgm26B)