

# 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 according to the Centers for Disease Control and Prevention. The good news is that making a few lifestyle changes can significantly lower your risk of these common killers.<sup>1</sup>

### STROKE

**#5** leading cause of death.<sup>2</sup>

Leading cause of long-term disability.<sup>2</sup>



main risk factor: **HYPERTENSION**<sup>2</sup>

### HEART DISEASE

**#1** leading cause of death.<sup>3</sup>

Cause of 1/4 deaths in 2017.<sup>3</sup>



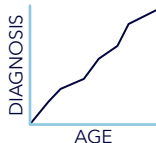
Half that die suddenly of heart disease had **NO** symptoms.<sup>3</sup>



### PROSTATE CANCER

13/100 will get prostate cancer during their lifetime.<sup>4</sup>

Cause of 2/3 deaths.<sup>4</sup>



The risk of developing prostate cancer increases with age.<sup>4</sup>

### SKIN CANCER

**49 AND UNDER** have a higher chance of developing melanoma than any other type of cancer.<sup>5</sup>



The most common cancer in the U.S.<sup>6</sup>

Every year, nearly 5M are treated for skin cancer, at a cost of about \$8B.<sup>6</sup>

Cause of around 8,000 deaths a year.<sup>6</sup>

### 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.<sup>6</sup>

Stay in the shade as much as possible.<sup>6</sup>



Use a broad spectrum sunscreen on any exposed skin, and don't forget to re-apply it **EVERY TWO HOURS**.<sup>6</sup>

### QUIT SMOKING

About 1/6 smoke.<sup>2</sup>



Smoking damages blood vessels, which can lead to a **STROKE**.<sup>2</sup>

### MANAGE BLOOD PRESSURE AND CHOLESTEROL

Manage your blood pressure and cholesterol with healthy lifestyle changes. If a medicine is prescribed, be sure to **TAKE IT AS DIRECTED**.<sup>2</sup>



### EAT HEALTHY

Choose healthy foods. Being overweight raises your risk of heart disease.<sup>3</sup>

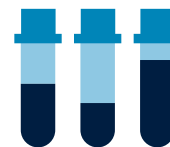


Limit alcohol intake to **ONE** drink a day.<sup>3</sup>



### VISIT YOUR DOCTOR

Get screened **BEFORE** you have symptoms.<sup>7</sup>



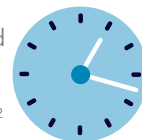
Out of **1,000** screened for prostate cancer: **ONE** will avoid death, **THREE** will avoid cancer spreading.<sup>4</sup>

### GET ACTIVE

**ONLY** 1/4 get enough physical activity.<sup>2</sup>



Adults 18+ should get at least 150 minutes of physical activity each week.<sup>2</sup>



1. "Men's Health: Prevent the Top Threats." Mayo Clinic, Mayo Foundation for Medical Education and Research, 18 Jan. 2020, www.mayoclinic.org/healthy-lifestyle/mens-health/in-depth/mens-health/art-20047764?p=1.  
 2. "Men and Stroke." Centers for Disease Control and Prevention, 25 July 2019, www.cdc.gov/stroke/men.htm.  
 3. "Men and Heart Disease." Centers for Disease Control and Prevention, 31 Jan. 2020, www.cdc.gov/heartdisease/men.htm.  
 4. "What Is Prostate Cancer?" Centers for Disease Control and Prevention, 31 July 2019, www.cdc.gov/cancer/prostate/basic\_info/what-is-prostate-cancer.htm.  
 5. "Ask the Expert: Why Are More Men Dying of Skin Cancer?" The Skin Cancer Foundation, 21 May 2020, www.skincancer.org/blog/ask-the-expert-why-are-more-men-dying-of-skin-cancer/.  
 6. "Sun Safety Tips for Men." Centers for Disease Control and Prevention, 9 Apr. 2020, www.cdc.gov/cancer/skin/tips-for-men.htm.  
 7. "Men: Take Charge of Your Health." Office of Disease Prevention and Health Promotion, health.gov/myhealthfinder/topics/doctor-visits/regular-checkups/men-take-charge-your-health.