



# Men's health matters

Many men face unique health challenges, and breaking down barriers to care is essential. Let's explore some key areas of men's health, including some actionable steps, empowering men to take charge of their health journey.



## COMMON HEALTH CONCERNS

- Heart disease is a leading cause of death for men. Maintaining a healthy diet, exercising regularly, and managing risk factors like high blood pressure and cholesterol are vital.
- Several cancers disproportionately affect men, including prostate, testicular, and colon cancer. Early detection through screenings and a healthy lifestyle are crucial.
- Men are at increased risk for type 2 diabetes. Maintaining a healthy weight, eating a balanced diet, and regular physical activity can help prevent or manage this condition.
- Men often face stigma surrounding mental health, leading to underdiagnosis and undertreatment of conditions like depression and anxiety. Seeking help is a sign of strength, not weakness.



## PRIORITIZING WELL-BEING

- Schedule regular checkups with your doctor. These visits provide opportunities for screenings, early detection of potential health issues, and discussions about healthy lifestyle choices.
- Consume a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Limit processed foods, saturated fats, and added sugars.
- Aim for at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity each week, along with muscle-strengthening activities twice a week.
- Understand your family's medical history to help identify potential risks and guide preventive measures.
- Find healthy ways to manage stress, such as exercise, meditation, or spending time with loved ones. Chronic stress can negatively impact both physical and mental health.
- Aim for 7-9 hours of quality sleep each night. Adequate sleep is essential for physical and mental restoration.
- Excessive alcohol consumption and tobacco use significantly increase the risk of several health problems. Quitting smoking is one of the best things you can do for your health.
- Openly discuss your health concerns with your doctor, family, or friends. Communication is key to breaking down stigma and getting the support you need.

