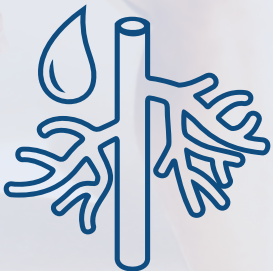


Whether it's being there for your family, advancing in your career, or completing a marathon, being the healthiest version of you can help you get there. June is Men's Health Month, and a perfect time to focus on yourself. The goal is to raise awareness for preventable health issues, encourage early detection and treatment of disease, and promote regular doctor visits for men and boys.

## Preventive Care

Did you know? Men are less likely than women to get routine physical exams from a doctor. One study showed that 55% of men had not seen their doctor in the previous year — even though 40% of them had a chronic condition. So make sure you're making that appointment — even if you're feeling great.

Some specific preventive tests for men include:



### ABDOMINAL AORTIC ANEURYSM

Men ages 65 to 75 who have ever smoked should have this one-time ultrasound.



### PROSTATE EXAM

Most men who are not high risk can wait until age 50 to get a prostate exam. If you have a family history of prostate problems, talk to your doctor about getting an exam sooner.



### CARDIOVASCULAR

Men are 28% more likely than women to be hospitalized for congestive heart failure, so make sure you're tested regularly.

MAN - AGE YOUR HEALTH THIS **JUNE**

# Matters of Men's Health

*More than 6 million men in the U.S. suffer from depression each year. That number is likely not representative of the issue, however, since men are less likely to visit a healthcare provider, and typically more reluctant to discuss emotional or mood issues, mental health can also cause physical symptoms like digestive problems or chronic pain. Don't be afraid to talk to your doctor if you are dealing with depression, anxiety, or emotional issues.*

Over 700,000 men are diagnosed with cancer annually. But many cancers are preventable! Around one third of cancer deaths are caused by smoking, while another third may be caused by lack of exercise and poor diet. Common types of cancers affecting men are prostate cancer, testicular cancer, stomach cancer and breast cancer. Early detection and reducing risk can help beat cancer. If you smoke, drink regularly, have a family history or cancer, or are over age 55, you have a higher risk and should talk to your doctor. Also be aware of what to look for. **Some common symptoms of cancer include:**

- **Lumps you can feel through the skin**
- **Sores that won't heal**
- **Changes in size or color of a mole**
- **Unexpected weight loss**
- **Unusual bleeding**

**If you're experiencing any of these symptoms or any new physical issues come up, talk to your doctor. Better safe than sorry!**



**NATIONAL  
MEN'S HEALTH  
AWARENESS  
— MONTH —**

