

### Men's Health Awareness Month

Men's health is crucial for several reasons, including preventing serious diseases, improving quality of life, and promoting mental well-being. Men are at higher risk for many conditions, and early detection and treatment are vital.

#### **Here's why men's health matters:**

Increased Risk of Chronic Diseases: Men are more likely to develop and die from chronic illnesses like heart disease, cancer, and diabetes.

Unique Health Challenges: Men face unique health problems like prostate cancer and erectile dysfunction, which don't affect women.

Shorter Life Expectancy: Men generally have a shorter life expectancy than women, partly due to health behaviors and higher mortality rates.

Importance of Preventive Care: Regular check-ups, screenings, and healthy lifestyle choices can help prevent and manage serious health issues.

Mental Health Considerations: Mental health is also crucial for men, with higher rates of depression, anxiety, and suicide compared to women.

Impact on Families and Communities: Healthy men contribute positively to their families and communities, fostering a supportive environment.

Impact of Illness on Relationships: Men's health can impact the psychological and financial well-being of their female partners.

Addressing Health Disparities: Men from different socioeconomic and cultural backgrounds may face unique health challenges, requiring targeted interventions.

Seeking Medical Attention: Men are less likely to seek medical attention, leading to late diagnoses and reduced treatment effectiveness.

# 988

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& CRISIS  
LIFELINE

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#### **Recommended screenings for young men (18-39)**

Men in this age range are encouraged to discuss the health concerns below with their doctors. These discussions can be part of a yearly annual wellness visit.

- Physical exam: check blood pressure, screen for obesity and assess body composition (waist circumference). Testicular exam and testicular self-exam are important at this age.
- Metabolic screening: fasting blood sugar and fasting lipid profile based on risk and family history.
- Vaccines: influenza, COVID-19, Hepatitis A/B, HPV, Tdap and MMR should be considered.

- STI screening: HIV, Hepatitis B/C, syphilis, gonorrhea and chlamydia screening should be considered, and pre-exposure prophylaxis for HIV (PreP) should be discussed.
- Assessment of risky behaviors: discuss any use of tobacco, alcohol, recreational drugs, anabolic steroids, as well as use of seatbelts and helmets and gun safety.
- Family planning: “pre-conception” counseling to educate men that adopting a healthy lifestyle—exercising, eating healthy foods, and avoiding substances—at an early age improves the chances of conceiving and having a healthy pregnancy and a healthy child.

### **Recommended screenings for adult men over 40**

These screenings are similar to those recommended for younger men but start to look at health concerns that most often appear in middle age.

- Physical exam: check blood pressure, screen for obesity, measure body composition and consider prostate exam (in some cases).
- Metabolic screening: fasting blood sugar and fasting lipid profile and estimation of cardiovascular risk.
- Vaccines: influenza, covid-19, Hepatitis A/B, HPV (through age 45), Tdap and MMR. Shingles vaccine is recommended for adults over 50.
- STI screening: HIV, Hepatitis B/C, syphilis, gonorrhea and chlamydia screening should be considered, and pre-exposure prophylaxis for HIV (PreP) should be discussed.
- Cardiovascular screening: based on risk and symptoms (may include stress testing or coronary artery calcium score).
- Cancer screening: based on family history and personal risks. May include prostate, colon and lung cancer screening as well as skin exam.
- Eye exam.

### **Recommended screenings for adult men over 65**

- Older men should continue to evaluate their health and make lifestyle changes based on conversations with their doctors to ensure they are able to live life to the fullest.
- Physical exam: blood pressure, height and weight, waist circumference and prostate exam.
- Metabolic screening: fasting blood sugar, fasting lipid profile, thyroid function (in some cases).
- Vaccines: influenza, covid-19, Hepatitis A/B, Tdap, Pneumovax/Prevnar and Shingles.
- STI screening: based on risk.
- Cardiovascular screening: abdominal ultrasound, coronary artery calcium score and stress testing based on risk and symptoms.
- Cancer screening: prostate, colon and lung as well as skin exam.
- Osteoporosis: screening should be considered in men over 70, men who lose height over time or have a low impact fracture. Fall risk assessment should be completed.
- Eye exam.

