

JUNE IS MEN'S HEALTH MONTH – WEAR BLUE!

By Jodi Fletcher

Summer is a great time to ramp up those [New Year's health goals](#). The good weather and longer days don't leave any room for excuses not to get healthy. The month of June has not only Father's Day in it, but is dedicated as Men's Health Month. That means time for men of all ages to take a closer look at their health. According to [Menshealthmonth.org](#), the purpose of this month is *"to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys."* Federal, state, and local governments have declared the month of June as Men's Health Month: to see your state's proclamation go [here](#). Awareness programs, activities, social media attention, and [Men's Health Week](#) are just a few of the methods designed to encourage men to seek out information about their health. Family involvement is also an important factor in ensuring the men in our lives get the help they need towards longer, healthier lives.



Men's health facts:

- On average, men live 5 years less than women
- 1 in 2 will develop cancer
- Men have a higher death rate than women for most leading causes

- Approximately 30,000 men in the U.S die yearly from prostate cancer
- Men see the doctor half as much as women for preventative care
- More men are uninsured than women

Common men's health issues are managing chronic diseases such as diabetes, obesity, hypertension, heart disease, and high cholesterol. Other issues that affect health and quality of life are low testosterone and depression. [Low testosterone](#) affects sexual health, mood, memory, and energy. Low testosterone increases the risk of other chronic conditions as well. Prostate health problems are common in men, especially over the age of 50, although younger men can experience problems too.

Prostate health issues:

- BHP: benign prostatic hyperplasia is an enlarged prostate
 - Not cancerous
 - Most common in men over 50
 - Half of men age 50-60 and 90% by age 80
 - Causes discomfort and frequent, difficult urination
- Prostate cancer
 - Most common
 - 2nd leading cancer resulting in death
 - No known prevention
- Prostatitis
 - Inflammation possibly caused by infection
 - Most common in men under age 50

[The American Cancer Society](#) recommends that men with average risk factors for prostate cancer get regular screening at age 50. Risk factors include age, race/ethnicity, geography, family history and genetic mutations. Early detection is crucial for treatment. There are two main screening tests used

for early detection. One is a blood test that determines the prostate-specific antigen (PSA) levels. The other test is a digital rectal exam (DRE) that checks the prostate.

Steps to improve health and stay healthy:

- Eat healthy, include fruits and vegetables, and limit salt, sugar, and alcohol.
- Participate in at least 2.5 hours of physical activity every week.
- Quit smoking, for more information go [here](#).
- Reduce stress, try meditation or yoga.
- Get regular checkups and [preventative tests and screenings](#).
- Know the signs and get help:
 - Heart attack: chest pain, weakness, pain in the arm/shoulder or neck/back, shortness of breath
 - Depression: sadness, grumpiness, hopelessness, fatigue, thoughts of suicide

Friday June, 15th is [“Wear Blue Day”](#) as a reminder of the importance of men’s health, but any day can be designated for group awareness building activities. Wear something blue to show your support, plan events, or create a fundraiser.



Although the month of June is dedicated to men’s health, its message is important for the whole year. Join us in learning more about men’s health this month by going [here](#) for more information.



Thanks for tuning in to Hart's Healthy Tips!