

JUNE

MEN'S HEALTH MONTH

Men's health is about more than just physical fitness and annual checkups—it includes mental and emotional well-being, too. Taking care of your mind is just as important as caring for your body. However, men often face unique challenges, including a silent crisis in mental health that can go unnoticed.

Physical & Mental Health

- **Mental Health Matters:** Men are nearly four times more likely to die by suicide than women, highlighting the importance of seeking support and breaking the silence around mental health. Mental health is health! Just as the body needs care and attention, so does emotional and mental well-being.
- **Preventive Care:** Men ages 15–65 are less likely than women to seek preventive care and often lack a primary care provider (PCP). A good first step toward improved health is to establish a relationship with a PCP. Your PCP will review your medical, surgical, and family history and recommend age- and risk-appropriate health screenings.

Important Screenings for Men

Regular health checkups are essential to prevent diseases and identify health risks early. The frequency of checkups may depend on age, family history, and lifestyle. Below are important health screenings for men:

- Prostate Cancer Screening
- Blood Pressure Check
- Cholesterol Test
- Colon Cancer Screening
- Skin Cancer Check
- Diabetes Screening
- Osteoporosis Screening
- Eye Exam

Prostate Cancer

Prostate cancer is the uncontrolled growth of cells in the prostate—a walnut-sized gland in the male reproductive system that produces seminal fluid. It is one of the most common cancers in men. While some cases can be aggressive, many are slow-growing and highly treatable, especially when detected early.

Prevention Tips:

- Age is the strongest risk factor
- Family history matters
- Race is a factor
- Eat a healthy diet: more fruits and vegetables, less red/processed meat
- Early diagnosis: talk to your doctor about screening, especially if you are at high risk

Screening: PSA blood test and digital rectal exam can help detect prostate cancer early. Guidelines vary, so ask your doctor when to start screening.



Sources:

- <https://healthylearn.com/connerstrong/hn/know-about-prostate-cancer.html>