

# MEN'S HEALTH:

## Real Men Know the Facts

Guys often pay more attention to the golf swing and car than their health, but their health also affects their loved ones, who also have a stake in their well-being.

### Do You...

- Spend hours every weekend catching up on the latest sporting events and news?
- Go over the yard foot by foot to seek out and destroy every single bit of crabgrass?
- Obsess over your golf swing and go through multiple buckets of balls to make it better?
- Detail your car inside and out so that it gleams in the sunlight?
- Never go to the doctor's office unless you're sick?

Some of these are extreme examples of male behavior, but many men prefer to work on their golf game, putter in the garage, or do practically anything else rather than go to the doctor's office and get regular health exams.

### Prevention is the key

On average, women live five years longer than men. This is mostly because men tend to ignore symptoms and preventive care until it's too late. More than half of premature deaths in men are preventable, according to the *Men's Health Network*. The key to living a longer life is to take charge of your own wellness, like you would take charge of your lawn, your golf game or your car. It's never too late to make a change and plot your course.

## TEN STEPS TO A HEALTHIER YOU

1. Get the recommended physical exams and preventive screenings for your age and health history. If you're age 19 to 49, get a physical exam every 1 to 2 years, or annually if you're age 50 and older. Maintain your own "extended warranty" that will keep you healthy for a lifetime.
2. Keep your waist circumference under 40 inches, and stay within the recommended weight for your height. Losing a few inches around your waist and dropping 10 pounds go a long way toward improving your health.
3. Know your cholesterol numbers, and get them under control to reduce your risk for heart disease. Get your cholesterol checked (i.e. lipid panel) every 5 years beginning at age 20.
4. Keep your blood pressure well-managed and make lifestyle changes to take control and turn back the clock. Get your blood pressure checked at each office visit or at least yearly.
5. Know if you're at risk for diabetes. Speak with your healthcare provider about your risk factors and get tested as recommended.
6. Work with your healthcare provider to know and get the proper cancer screenings for your age and health history. Knowing the warning signs can save your life. Protect yourself against lung, mouth and other oral cancers by not smoking or using tobacco.
7. Managing your stress will help improve your overall wellness. Keep things in perspective, and incorporate stress-reducing activities into your day.
8. Exercise can happen anywhere at any time—not just in a health club. You just have to do it. Put one foot in front of the other, and do it often.
9. Strive to put high quality "fuel" into your body by choosing a balanced diet from a variety of food groups. Real men eat fruits and vegetables at every meal!
10. Practice safety and injury prevention at home, at play and on the job. Be proactive, wear protection gear and follow safety rules. Play it safe now, or you might end up paying for it later.