

**Happy
Father's
Day!**

MEN'S HEALTH MONTH

awareness · prevention · education · family

JUNE
2020

The purpose of Men's Health Month is to heighten the awareness of *preventable* health problems and encourage early detection and treatment of disease among men.

Did you know??.....Many of the leading causes of death among men can be prevented!
Here's what you need to know to live a longer, healthier life!

**It's as easy
as 1, 2, 3!**

1. Eat Healthy!

Start by taking small steps such as saying "no" to super sizing and "yes" to healthier meals. Try adding a fruit or vegetable every day.

2. Get Moving!

Take the stairs instead of the elevator. Do yard work. Play a sport. Most importantly, choose activities you enjoy to stay motivated.

3. Take Prevention Seriously!

Many health conditions can be prevented or detected early with regular check-ups. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.



"...Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."

Congressman Bill Richardson



CARDIOVASCULAR DISEASE

Is the top health threat to men and **HEART DISEASE** is the **#1** cause of death for men in the U.S.

<https://www.cdc.gov/heartdisease/men.htm>

**Have you had a
check-up lately?**

THESE ARE THE TOP 5 LEADING CAUSES OF DEATH IN MEN:

- 1. HEART DISEASE**
- 2. CANCER**
- 3. UNINTENTIONAL INJURIES**
- 4. CHRONIC LOWER RESPIRATORY
DISEASE**
- 5. STROKE**

SOURCE: CDC: Leading Causes of Death-Males-2017

HERE'S THE GOOD NEWS!

A few lifestyle changes can significantly lower your risk of death from these diseases:

- ➔ **Don't smoke.**
- ➔ **Limit alcohol.**
- ➔ **Manage stress.**
- ➔ **Eat a healthy diet.**
- ➔ **Get moving.**
- ➔ **Maintain a healthy weight.**

Remember...stress and depression can affect your health.

To discuss these issues confidentially with a professional counselor, call us today!

Information brought to you by your Employee Assistance Program:

StressCare Behavioral Health, Inc. EAP
419-531-3500