



Fact Sheet

Man up: Take control of your health

Men face unique health challenges today. One of the most dangerous is their reluctance to go to the doctor. Men die at higher rates than women from the top ten causes of death. They are four times more likely to commit suicide, die five years earlier than women, and are the victims of more than 92% of workplace deaths.

Many of the major health risks that men face – like heart disease, cancer and unintentional injuries – can be prevented or treated with earlier diagnosis, yet men are less likely to visit a health care provider than women.

Men, it's time to man up and take control of your health! June is Men's Health Month – a good time to reflect on your lifestyle choices and how your health impacts the people you care about.

Men can prevent many health issues by living a healthy lifestyle that includes 7-9 hours of sleep each night, healthy food choices, daily physical activity, reducing tobacco use and minimizing stress. Screening tests are also important. They can often find diseases early, when they are easier to treat.

All men should have an annual blood pressure test and rectal exam. They should get a TB skin test every 5 years and a tetanus booster every 10 years. They should conduct monthly self-exams of their testicles, breasts, mouth and skin to look for lumps, lesions, or changing moles or freckles. They should schedule regular exams and screenings based on their age and risk factors. Learn more at <http://ow.ly/NRDWF>.

Smokers over age 45 should talk to their health care provider about chest x-rays. Men over 40 should ask about testosterone screening, and men over 60 should ask about bone mineral density testing. All men should talk to their health care provider about STD testing and recommended immunizations.

Taking care of yourself is part of being the best man you can be. Learn more by visiting www.phelpscountyhealth.com, Facebook, Twitter, or by calling (573) 458-6010. The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!



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