

June is Men's Health Month



Did you know that men in the United States rank 49th in the world in life expectancy? While the average life expectancy for men in the top ranked country, Monaco, is 85 years, men in the US live to an average of only 78 years. That's 7 fewer years of enjoying grandkids, attending weddings and graduation ceremonies! Research has shown that US men are more likely to go long periods without visiting their doctor for annual exams and preventive services. Other contributing factors may include lifestyle choices, diet, and access to healthcare and/or insurance.

Health conditions such as heart disease, diabetes, and cancer affect men at a higher rate than women. Serious conditions like these can simply be prevented by scheduling annual doctor visits and maintaining overall health and wellness.



Life expectancy of men in NY is 76.8



1 in 2 men will develop cancer in their lifetime



On average, men live about 6 years less than women

Take Care of Yourself!

- Get some sleep! Between 7 and 9 hours of sleep every night is recommended
- Maintain a healthy diet rich in healthy fats, vegetables, fruit and whole grains
- Get moving! Exercise for at least 150 minutes per week
- Avoid smoking and limit alcohol consumption
- Take care of your mental health. Spend time every day doing something you enjoy like writing, reading, cooking, etc.

Make Prevention a Priority!

Screenings are the front line in early detection and prevention of many serious health conditions. We encourage you to keep up with your annual examinations such as the following. A simple check up, can potentially save your life:

- Blood Pressure
- Cholesterol & Glucose
- Prostate Health

Men's Health Month is the perfect opportunity to #GetitChecked. Schedule your checkup today!

For more information and resources on Men's Health Month, visit MensHealthNetwork.org



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