

## Men's Health: Routine Maintenance is the Best Treatment

### June is Men's Health Month

Men's Health Month is a chance to raise awareness of health care for men that includes focusing on positive wellness practices and making healthy living decisions. Did you know, heart disease is the



*Courtesy of Warfighter Wellness using Adobe Stock imagery*

leading cause of death in males, killing one in four men in the U.S.? Other high risk factors for men include cancer, unexpected injuries, stroke and chronic lower respiratory disease. There are also health conditions that only affect men, such as prostate cancer and low testosterone. Mental health, stress of military service and managing challenges outside of work can also disturb men's overall wellness. In addition, men are more likely to smoke, drink alcohol and make unhealthy or risky lifestyle choices.

### The Facts, Risks and Challenges

About 10 percent of male Warfighters consider their health status to be in a fair or even poor state. It is common for men to put off routine checkups and delay seeing a healthcare provider for symptoms of a health problem. Men should avoid any stigma that views seeking medical help to be a form of weakness. It is important for men to understand their risk factors so they can make better lifestyle choices to reduce their risk for health problems and improve their overall health. Taking care of your body should include scheduling routine medical exams to detect illnesses early, which increases the potential for a cure and return to optimal health. Waiting too long can lead to a more difficult recovery or a long-term problem.

### The Good News

Many health conditions and diseases that men face can be prevented or treated with early detection and diagnosis. In addition, making a few positive lifestyle changes can greatly lower the risk of common killers. All in all, men have a better chance of providing stability in their home and performing well at work when they have their health and wellness at the top of their priority list.

### A Lifetime Investment

From physical to mental factors, the importance of men investing in their well being is critical for good long-term health. It may be a balancing act to stick with a regular exercise routine while eating a more balanced diet and keeping up with life's duties, but finding that balance is proving to be more critical to preventing a life-altering health problem. Check in with your primary care provider today so that you don't check out before your time.