

EXPERTS IN MEN'S HEALTH



June recognizes Men's Health. The purpose of this observance is to bring awareness to health issues men face and enrich their health and wellness. Studies have shown that on average men live 5 years less than women. One reason for this is because men are more reluctant to go to the doctor and seek medical attention. By recognizing **Men's Health Month**, we hope to heighten the awareness of preventing health problems and encourage the early detection and treatment of disease among men.



Did you know?

Studies show that over 20% of men admit to avoiding the doctor because they are too nervous to find out that something may be wrong.

General Health

It is important for men to see a doctor regularly to make sure they are keeping up with their healthcare needs to prevent any possible health risks and treat any existing illnesses. There are various health screenings that are recommended for men, and it is important that men schedule these annually. Talk to your provider to determine which screenings are recommended for you.

Health screenings for men can include:

- Abdominal aortic aneurysm
- Blood pressure
- Colorectal Cancer
- Depression
- Diabetes mellitus, type 2
- Lipid disorders
- STD

Physical and Dietary Needs in Men

Men have specific dietary and physical needs depending on age and capability. In general, you should aim to include at least 30 minutes of physical activity each day to keep yourself active and moving. As men get older, they require more calcium, vitamin D, fiber, and potassium. This is an important topic to discuss with your medical provider to figure out what your body needs.

Mental Health in Men

Many men struggle with mental health, but since there is a stigma associated with men discussing emotions and being vulnerable, men are hesitant to seek care. Bottling up these emotions can lead to them being expressed violently or becoming overreactive. Encourage the men in your life to talk about their day or emotions and be open with you. Mental health is just as important for men as it is in women. Men should seek mental health professionals if needed.



Did you know?

An estimated 6 million men suffer from depression each year and many are under-diagnosed or under-treated.

Men's Health Issues Deserve Attention

Even beyond June, men should be encouraged to continue seeking health care. Not only for their physical wellbeing, but to ensure their mental needs are also being cared for. If you are a man, we encourage you to take care of yourself. If you are a woman who has men who are close to you, encourage them to seek any medical attention they may need.

HANFORD

740 N. Irwin St.
Hanford, CA 93230
559.272.9551

www.healthwise.clinic



VISALIA

4004 S. Demaree St. #A
Visalia, CA 93277
559.272.9549

www.healthwise.clinic