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# June is Men's Health Month

JUNE 07TH 2012 BY AMY ELLINGHOUSE

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## *Emphasize the importance of wellness from the head of the table*

June is Men's Health Month and a great time for men to pause and think about their overall health and well being. For the women, think about the men in your lives. While the life-expectancy gap between men and women is smaller than it used to be, it's no secret that it is important for men to make their health a priority. According to the Centers for Disease Control and Prevention, women are 100% more likely to visit the doctor for annual exams and preventative services than men. Men also tend to engage in behaviors such as smoking and drinking more often than women. There are also health conditions that affect only men, such as prostate cancer and low testosterone. Many of the major health risks that men face—like colon cancer or heart disease—may be reduced or even prevented with proper screening, early diagnosis, and healthy lifestyle habits.

Here are three simple steps men can take now to improve their health:

1. Research family history. Talk to family members to find out the health conditions that run in your family. Use the free family health history tool at [www.familyhistory.hhs.gov](http://www.familyhistory.hhs.gov) to keep track of what you learn. Share this information with your healthcare professional during your next checkup—it may impact at what age he/she recommends certain screenings.
2. Make small changes every day! Small changes can add up to big results.
  - If you don't exercise, start doing 30 minutes of exercise most days of the week.
  - Add more fruits and vegetables to your diet.
  - Drink water instead of soda or juice.
  - Skip the salt.
3. Get your numbers checked
  - Speak to your health care provider about the specific screenings you need for your age

For more information, visit [www.cdc.gov](http://www.cdc.gov).

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