

ATTENTION MEN:

Top Ways to Take Care Your Health **NOW!**

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Men are more likely than women to forgo doctor visits and routine preventive screenings, ignore symptoms and delay needed care, according to the American Cancer Society (ACS). One out of three men do not even have a doctor! The good news: with early screening, many diseases may be successfully treated.

The Time for Action is NOW!

Here are suggestions from leading organizations:

- **Get checked for prostate cancer.** Prostate cancer, the most common cancer in men, affects about 1 in 6 American men. Ask your doctor about screenings after age 50, when the risk increases. *(ACS)*
- **Eat more tomatoes.** Tomatoes contain lycopene, which may reduce the risk of prostate cancer. *(Mayo Clinic)*
- **Perform testicular self-exams regularly.** Check for lumps and nodules. See your doctor for routine physicals. *(ACS)*
- **Limit alcohol to two drinks a day.** Men are three times more likely than women to become alcoholics. *[Centers for Disease Control and Prevention (CDC)]*
- **Seek help for depression.** Men are four times more likely to commit suicide than women. *(National Institute of Mental Health)*
- **Don't ignore snoring.** Men are twice as likely as women to have sleep apnea — blocked air flow — which can lead to clogged arteries. *(Harvard Medical School)*
- **Go for a 40-inch waistline, tops.** Excess abdominal fat can lead to diabetes, stroke and other diseases. *(CDC)*
- **Stop smoking.** Lung cancer is the second most common cancer in men. *(CDC)*
- **Keep up with screenings.** Key ones: Cholesterol, colonoscopy and diabetes. *(CDC)*

To find complete screening recommendations, you can visit the CDC website at: www.cdc.gov/Features/HealthyMen or you can visit: www.healthywomen.org/fathersday, a special section on men's health from the National Women's Health Resource Center.

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