

June 2021

MEN'S HEALTH MONTH



Preventive Care

These are general guidelines. Please check your plan to see what is covered by your insurance.

Physical

- Maintain a relationship with a PCP
- See your primary provider at least once a year
- Get preventive tests and immunizations as suggested by your provider

Did you know?

Up to 65% of men say they avoid going to the doctor and only go when they fear serious illness.

Mental

Some early signs of depression in men:

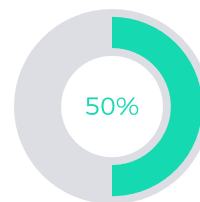
- Noticeable changes in mood, energy level, or appetite
- Difficulty sleeping or sleeping too much
- Difficulty concentrating
- Feeling restless or on edge
- Increased worry or feeling stressed
- Aches, headaches, digestive problems without a clear cause
- Thoughts or behaviors that interfere with work, family, or social life

If you experience any of these, talk to your primary care provider, a mental health professional, or a trusted friend/family member.

Did you know?

1 in 4 men will have some type of mental health crisis in their life.

Men have a **higher death rate** for most leading causes of death including cancer, heart disease, diabetes, and suicide.



1 in 2 men will develop cancer



Approximately 30,000 men in the U.S. die each year from **prostate cancer**.

Men are more likely to be **uninsured** than women.



Men make **1/2 as many physician visits** for prevention as women.



On average men live about **5 years** less than women.