



Take Care of YOU

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Proactive Measures for Men's Health

By understanding the [importance of preventive health care](#) and taking simple steps such as scheduling regular screenings and adopting healthy lifestyle choices, men can significantly improve their health and longevity. Three of the most common health risks for men include prostate cancer, colon cancer, and cardiovascular disease. These conditions pose significant threats, but they are often preventable with proper awareness and proactive measures.

Prostate cancer is one of the most common cancers among men, with approximately 1 in 8 men diagnosed in their lifetime. It's a slow-growing disease that typically appears later in life, making early detection through regular screenings like the prostate-specific antigen (PSA) test crucial, starting at age 55 (or earlier for those with higher risk factors).

Colon Cancer is the most common type of gastrointestinal cancer, a multifactorial disease influenced by genetics, diet, and lifestyle. It is a preventable and treatable condition if caught early. The rate of occurrence in younger men is increasing, emphasizing the need for early screening. Colonoscopies are recommended started at age 45 (or earlier for those with a family history).

Cardiovascular disease refers to a group of disorders affecting the heart and blood vessels, such as coronary heart disease, heart attacks, stroke, and hypertension. It remains the leading cause of mortality worldwide, but it can often be prevented or managed through healthy lifestyle choices, regular screenings, and medical interventions.

Men's health requires a proactive approach that includes scheduling routine health screenings, adopting healthy lifestyles, and seeking professional help for all physical and mental health concerns.

Risk Factors and Preventive Measures

Prostate Cancer

- **Risk Factors:** Age, family history, and race (higher incidence in African American men)
- **Preventive Measures:** Healthy diet, regular exercise, avoid smoking, stay sexually active

Colon Cancer

- **Risk Factors:** Family history, high red meat and animal fat diet, low fiber intake, obesity, smoking, and alcohol
- **Preventive Measures:** Regular screenings, high fiber diet, fruits and vegetables, maintain healthy weight

Cardiovascular Disease

- **Risk Factors:** High blood pressure, high cholesterol, obesity, and sedentary lifestyle
- **Preventive Measures:** Regular physical activity, balanced diet, avoiding smoking and alcohol