

# Men's Health

**Paying attention to your health** is an important part of staying healthy. Compared to women, men are more likely to:

- Smoke and drink
- Make unhealthy or risky choices
- Delay getting regular checkups and medical care

## **You can take control and improve your health.**

Here are some important steps for good men's health:

### **Eat well and stay active.**

A healthy diet and regular exercise can help you lose weight and lower your cholesterol, blood pressure, and prevent diabetes.



### **Get screening tests that**

**are right for you.** These are tests that check for common health problems that might not have symptoms. Some important tests:

- **Colorectal cancer**, if you are over age 50
- **High blood pressure**, every 2 years
- **High cholesterol**, every 5 years
- **Depression**
  - Most men feel stressed, anxious, or depressed from time to time.
  - If these feelings last for more than 2 weeks, talk to your provider. Depression is very common and is also treatable.



## **Drink alcohol only in moderation**

- For men, this means no more than 2 drinks per day
- Heavy drinking can increase the risk for many health problems including:
  - Some cancers
  - High blood pressure
  - Heart disease
  - Cirrhosis (liver disease)
  - Hepatitis

## **Quit smoking, or never start!**

- Smoking increases your risk of dying from heart disease, blood vessel disease, lung problems, cancer, and stroke.
- Ready to quit? Talk to your provider or call **1 (800) NO-BUTTS** (662-8887) for resources and phone support.

Prostate cancer screening used to be advised for all men over 50. New studies show that prostate cancer screening may not be the best choice for all men. Ask your provider about what is right for you.

Sources:

*"Men: Taking Charge of Your Health"*  
US Dept. of Health and Human Services  
**[www.healthfinder.gov](http://www.healthfinder.gov)**

*"Erectile Dysfunction"*  
Patient Education Institute, National Library of Medicine  
**[www.nlm.nih.gov](http://www.nlm.nih.gov)**

For more information call Customer Service at **(415) 615-4555**.  
Or visit **[www.healthysanfrancisco.org](http://www.healthysanfrancisco.org)**