

# Innovative WellNews



## June 2023

## Men's Health Month



June is Men's Health Month and the appropriate time to increase awareness of preventable health conditions and encourage screenings for early detection. This year men's health week is celebrated June 12-18, 2023.

Men make

# 1/2

as many doctor visits for  
prevention as women

On average men live about

# 5 years

less than women

# #1

Cause of death is heart  
disease



### Wear Blue Friday:

Celebrate the men in your life by wearing blue on June 18th!

## Preventive Screenings



### Cholesterol

Every 5 years for men with normal cholesterol levels.



### Colorectal Cancer

Starting at age 45 or earlier if you have a family history of colon cancer.



### Dental Exams

Once or twice yearly for cleanings.



### Diabetes

Screen at age 35 and repeat every 3 years if you do not have any risks like obesity and a family history of diabetes.



### Infectious Diseases

All men 18-79 should be screened one time for hepatitis C and HIV.



### Lung Cancer

An annual CT scan for lung cancer is recommended for men 50-80 years old who have a 20 pack-year history and currently smoke or have quit within the last 15 years.

# Myths & Stigmas of Men's Health

- 1 Men don't need sunscreen.** Skin cancer is the number one cancer for men, followed by prostate cancer. Using sunscreen, seeking shade, and wearing protective clothing all reduce the risk of skin cancer.
- 2 Depression is a sign of weakness.** Seeking help for feelings of depression is a sure sign of strength!
- 3 Vaccinations are only for young men.** Tetanus is a vaccine recommended every 10 years. Getting flu and COVID-19 vaccines can also reduce the severity of symptoms. Men older than 65 are also encouraged to receive a pneumonia and shingles vaccine.
- 4 Snoring is what normal men do.** Snoring can actually be a sign of sleep apnea, a condition which puts you at risk for developing heart disease and high blood pressure.

## Men and Migraines:

Although women are more likely to suffer from migraines, in the United States alone, men are less likely to report them and seek help. Migraines can affect as many as 1.5 million African American men. Migraines can be very debilitating and make it very difficult for some men to work and maintain overall health and well-being. Surprisingly, migraines can also increase the risk of heart attacks, stroke, and atrial fibrillation.

### Know the Triggers:



Physical exertion



Dehydration



Stress



Low blood sugar



Lack of sleep



References:  
Journal of Head and Face Pain  
National Headache Foundation  
Centers for Disease Control and Prevention  
MedLine Plus

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