

# Men's Health Month

## Tips by a TGH Expert



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As we approach Father's Day, it is no coincidence that June is also Men's Health Month. During this month, it is important to raise awareness, promote early detection, and seek treatment of preventable health conditions. Multiple surveys and studies have demonstrated that men are less likely to seek regular and timely care. The ongoing COVID-19 pandemic is no exception. Men have higher rates of death due to COVID yet were less likely to receive the COVID-19 vaccine. Beyond COVID-19, men, on average, die earlier and at a higher rate than women.

Heart disease is the leading cause of death in men. Approximately 50% of men who died suddenly had NO prior symptoms. The risk of heart disease is increased by unhealthy diet, inactivity, excessive alcohol use, smoking, overweight/obesity, diabetes and hypertension. The risk can be reduced by lifestyle changes and regular follow up with your primary care provider.

There are many ways to incorporate healthy changes in your lifestyle. Here are some simple steps:

1. Increase fruits and vegetables in your diet. They should cover at least 50% of the plate.
2. Exercise for at least 30 minutes per day. Calisthenics are just as good as weight training.
3. Stop smoking. Smoking is the top preventable cause of heart disease and strokes and can even lead to erectile dysfunction. [Tobacco Free Florida](#) has great resources to get you started including support groups and nicotine replacement products.
4. Regularly follow up with your primary care provider to screen for elevated blood pressure, diabetes and cholesterol. Treating problems when they are small oftentimes prevents larger problems from developing. After all, an ounce of prevention is worth a pound of cure.

Cancer is the 2nd leading cause of death in men. Men are more likely to be diagnosed with and die of cancer compared to women. Staying up to date with cancer screenings and making healthy lifestyle choices can significantly diminish the risk of cancer. Colorectal screening is recommended to begin at age 45. This recommendation was just recently updated this past May due to rising rates of colon cancer in young and middle-aged adults. Prostate and lung cancer screening are individualized based on your risk factors, but typically begin around age 50-55. Schedule a visit to discuss your risk with your primary care provider.

During this year's Men's Health Month, take the positive steps on the road to a longer, happier, and more fulfilling life. Make healthier lifestyle choices and schedule an appointment with your primary care provider today.

To schedule an appointment with Tampa General Medical Group, [click here!](#)



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