



[Home](#) → [Health Topics](#) → Men's Health

URL of this page: <https://medlineplus.gov/menshealth.html>

Men's Health

Most men need to pay more attention to their health. Compared to women, men are more likely to:


- Smoke and drink
- Make unhealthy or risky choices
- Put off regular checkups and medical care

There are also health conditions that only affect men, such as [prostate cancer](https://medlineplus.gov/prostatecancer.html) [https://medlineplus.gov/prostatecancer.html] and low testosterone. Many of the major health risks that men face - like colon cancer [https://medlineplus.gov/colorectalcan.html] or heart disease [https://medlineplus.gov/heartdiseases.html] - can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat. It's important to get the screening tests you need.

Start Here

- [Men: Take Charge of Your Health](https://odphp.health.gov/myhealthfinder/doctor-visits/regular-checkups/men-take-charge-your-health) [https://odphp.health.gov/myhealthfinder/doctor-visits/regular-checkups/men-take-charge-your-health] *Easy-to-Read* (Office of Disease Prevention and Health Promotion)
Also in Spanish [https://odphp.health.gov/espanol/myhealthfinder/visitas-doctor/chequeos-periodicos/hombres-tomen-control-su-salud]

Diagnosis and Tests

- [Testosterone Levels Test](https://medlineplus.gov/lab-tests/testosterone-levels-test/) [https://medlineplus.gov/lab-tests/testosterone-levels-test/]  (National Library of Medicine)
Also in Spanish [https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-niveles-de-testosterona/]

Prevention and Risk Factors

- [Men: Eat Right, Stay Healthy](https://familydoctor.org/men-eat-right-stay-healthy/?adfree=true) [https://familydoctor.org/men-eat-right-stay-healthy/?adfree=true]
(American Academy of Family Physicians)
Also in Spanish [https://es.familydoctor.org/hombres-coman-bien-mantenganse-saludables/?adfree=true]

Treatments and Therapies

- [Testosterone Therapy: Potential Benefits and Risks as You Age](https://www.mayoclinic.org/healthy-lifestyle/sexual-health/in-depth/testosterone-therapy/art-20045728?p=1) [https://www.mayoclinic.org/healthy-lifestyle/sexual-health/in-depth/testosterone-therapy/art-20045728?p=1] (Mayo Foundation for Medical Education and Research)
Also in Spanish [https://www.mayoclinic.org/es/healthy-lifestyle/sexual-health/in-depth/testosterone-therapy/art-20045728?p=1]

Related Issues

- [Supplements and Men's Health](https://www.eatright.org/health/essential-nutrients/supplements/supplements-and-mens-health) [https://www.eatright.org/health/essential-nutrients/supplements/supplements-and-mens-health] (Academy of Nutrition and Dietetics)

Specifics

- [Belly Fat in Men: Why Weight Loss Matters](https://www.mayoclinic.org/healthy-lifestyle/mens-health/in-depth/belly-fat/art-20045685?p=1) [https://www.mayoclinic.org/healthy-lifestyle/mens-health/in-depth/belly-fat/art-20045685?p=1] (Mayo Foundation for Medical Education and Research)


Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/mens-health/in-depth/belly-fat/art-20045685?p=1>]

- **Cancer and Men** [<https://www.cdc.gov/cancer/features/cancer-and-men.html>] (Centers for Disease Control and Prevention)
Also in Spanish [<https://www.cdc.gov/cancer/es/features/cancer-and-men.html>]
- **Hypogonadism in Men** [<https://www.endocrine.org/patient-engagement/endocrine-library/hypogonadism>] (Endocrine Society)
- **Men and Mental Health** [<https://www.nimh.nih.gov/health/topics/men-and-mental-health>]
 (National Institute of Mental Health)
- **Men's Reproductive Health** [<https://www.nichd.nih.gov/health/topics/menshealth>]
 (Eunice Kennedy Shriver National Institute of Child Health and Human Development)
Also in Spanish [<https://espanol.nichd.nih.gov/salud/temas/menshealth>]
- **Osteoporosis in Men** [<https://www.niams.nih.gov/health-topics/osteoporosis-men>]
 (National Institute of Arthritis and Musculoskeletal and Skin Diseases)
Also in Spanish [<https://www.niams.nih.gov/es/health-topics/la-osteoporosis-en-los-hombres>]
- **Understanding Prostate Changes: A Health Guide for Men** [<https://www.cancer.gov/types/prostate/understanding-prostate-changes>]  (National Cancer Institute)
Also in Spanish [<https://www.cancer.gov/espanol/tipos/prostata/significado-cambios-en-la-prostata>]

Test Your Knowledge

- **Low Testosterone Quiz** [https://medlineplus.gov/ency/quiz/003707_27.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/quiz/003707_88.htm]
- **Screening Tests for Men Quiz** [https://medlineplus.gov/ency/quiz/007465_19.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/quiz/007465_79.htm]

Statistics and Research

- **FastStats: Men's Health** [<https://www.cdc.gov/nchs/fastats/mens-health.htm>] (National Center for Health Statistics)
- **Sex and Gender: How Being Male or Female Can Affect Your Health** [<https://newsinhealth.nih.gov/2016/05/sex-gender>]
 (National Institutes of Health)
Also in Spanish [<https://salud.nih.gov/recursos-de-salud/nih-noticias-de-salud/sexo-y-genero>]

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- **Article: Examining adherence to American Urological Association (AUA) guidelines in men's health:...**
[<https://www.ncbi.nlm.nih.gov/pubmed/40618209>]
- **Article: Applications and Outcomes of Telehealth and Integrated Care in Men's Health...**
[<https://www.ncbi.nlm.nih.gov/pubmed/40532198>]
- **Article: Men's Mental Health Matters: The Impact of Traditional Masculinity Norms on...**
[<https://www.ncbi.nlm.nih.gov/pubmed/40421591>]
- **Men's Health -- see more articles** [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Men%27s+Health%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+2+Years%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- **Agency for Healthcare Research and Quality** [<https://www.ahrq.gov/>]
- **AMA DoctorFinder** [<https://find-doctor.ama-assn.org>] (American Medical Association)
- **Centers for Disease Control and Prevention** [<https://www.cdc.gov/>]
Also in Spanish [<https://www.cdc.gov/spanish/>]

Older Adults

- Tips for Good Health in Later Life for Older Men [<https://www.healthinaging.org/tools-and-tips/tip-sheet-good-health-later-life-older-men>] (AGS Health in Aging Foundation) - **PDF**

Patient Handouts

- Could you have low testosterone? [<https://medlineplus.gov/ency/patientinstructions/000722.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000722.htm>]
- Testosterone [<https://medlineplus.gov/ency/article/003707.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003707.htm>]



MEDICAL ENCYCLOPEDIA

Aging changes in the male reproductive system [<https://medlineplus.gov/ency/article/004017.htm>]

Could you have low testosterone? [<https://medlineplus.gov/ency/patientinstructions/000722.htm>]

Health screenings for men age 65 and older [<https://medlineplus.gov/ency/article/007466.htm>]

Health screenings for men ages 18 to 39 [<https://medlineplus.gov/ency/article/007464.htm>]

Health screenings for men ages 40 to 64 [<https://medlineplus.gov/ency/article/007465.htm>]

Testosterone [<https://medlineplus.gov/ency/article/003707.htm>]

Related Health Topics

Enlarged Prostate (BPH) [<https://medlineplus.gov/enlargedprostatebph.html>]

Erectile Dysfunction [<https://medlineplus.gov/erectiledysfunction.html>]

Penis Disorders [<https://medlineplus.gov/penisdisorders.html>]

Prostate Cancer [<https://medlineplus.gov/prostatecancer.html>]

Prostate Diseases [<https://medlineplus.gov/prostatediseases.html>]

Sexual Problems in Men [<https://medlineplus.gov/sexualproblemsinmen.html>]

Testicular Cancer [<https://medlineplus.gov/testicularcancer.html>]

Other Languages

Find health information in languages other than English [<https://medlineplus.gov/languages/menshealth.html>] on *Men's*

MedlinePlus links to health information from the National Institutes of Health and other federal government agencies. MedlinePlus also links to health information from non-government Web sites. See our [disclaimer](https://medlineplus.gov/disclaimers.html) [https://medlineplus.gov/disclaimers.html] about external links and our [quality guidelines](https://medlineplus.gov/criteria.html) [https://medlineplus.gov/criteria.html] .

The information on this site should not be used as a substitute for professional medical care or advice. Contact a health care provider if you have questions about your health.

[Learn how to cite this page](#)