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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>] and low testosterone. Many of the major health risks that men face - like colon cancer [<https://medlineplus.gov/colorectalcancer.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>] **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/>]  (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>]  
(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>] (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>] (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>] (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](https://medlineplus.gov/ency/quiz/003707_27.htm)] (Medical Encyclopedia)  
Also in Spanish [[https://medlineplus.gov/spanish/ency/quiz/003707\\_88.htm](https://medlineplus.gov/spanish/ency/quiz/003707_88.htm)]
- Screening Tests for Men Quiz [[https://medlineplus.gov/ency/quiz/007465\\_19.htm](https://medlineplus.gov/ency/quiz/007465_19.htm)] (Medical Encyclopedia)  
Also in Spanish [[https://medlineplus.gov/spanish/ency/quiz/007465\\_79.htm](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+%5Bdat%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+\]](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+%5Bdat%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*

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