MEN’S HEALTH

You change your car’s oil every 5,000 miles, your A/C filters every 3 months, your smoke detector batteries every six months (or you should!). So, when is the last time you went for your personal, physical inspection and tune-up? Your annual physical, periodic age-appropriate preventive and diagnostic tests, personal health risk assessment and mental health screenings are ESSENTIAL to your physical, emotional and mental well-being.

According to the Men’s Health Network, “There is an ongoing, increasing and predominantly silent crisis in the health and well-being of men. Due to a lack of awareness, poor health education, and culturally induced behavior patterns in their work and personal lives, men's health and well-being are deteriorating steadily.”

Consider these statistics from the Centers for Disease Control (CDC):

* Men die at higher rates than women from 9 of the top 10 causes of death.
* In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost five years earlier than women.
* Depression in men is often undiagnosed, contributing to the fact that men are 4 times more likely than women to commit suicide.
* Women are 100% more likely to visit the doctor for annual examinations and preventive services than men.

If this alarms you (or alarms you about the men for whom you care) – here are a few topics, tips and tools that can help.

Cardiovascular Health: According to the American Heart Association, over 39 million American men (1 in 3) suffer from one or more of these conditions, and every year just under half a million of them die of cardiovascular disease (1 in 4 men)—that’s more than cancer and diabetes combined!

You can help keep your heart and blood vessels healthy by taking steps toward a healthier lifestyle. These healthy habits include not smoking, eating right, exercising regularly, staying at a healthy weight, and getting the screening tests you need.

Tools to help manage and even reduce your cardiovascular risk can be found at Cigna.com:

* by clicking on this link - [**Cigna Heart**](https://www.cigna.com/individuals-families/health-wellness/hw/medical-topics/heart-healthy-lifestyle-abk9834),
* by contacting your **Cigna One Guide** health “concierge” via app, chat, online or phone (go to myCigna.com for instructions), or
* through HBC’s Live and Work Well EAP through Optum ([**Live and Work Well**](https://www.liveandworkwell.com/content/en/public.html)), using the Access Code “HBC”.

Prostate Health: “Prostate screening is important to consider for one main reason. “Prostate cancer is one of the most prevalent cancers affecting men,” says Yale Medicine urologist Preston Sprenkle, MD, “and, as you age, you’re at risk simply because you’re a man.” About 1 man in 7 will be diagnosed with prostate cancer in his lifetime.

For men in their 50s and 60s, you really only have two options:

* Have a PSA blood test to check for prostate cancer.
* Do not have a PSA blood test to check for prostate cancer.

Key points to remember:

* PSA tests can help find some prostate cancers early, when the cancer may be easier to treat. The largest study of prostate cancer screening so far showed that PSA testing may prevent a small number of men from dying of prostate cancer.
* A high PSA level can have many causes, including an enlarged prostate, an infection, or, less often, prostate cancer. A high PSA can cause a lot of worry and lead to more tests. But most high PSA test results will not turn out to be from cancer.
* Many cancers found by PSA tests would not have caused a problem if they had not been found through screening. But when they are found, they often get treated with surgery to remove the prostate or with radiation. These cancer treatments may not have been needed. And they can have serious side effects, such as urinary, bowel, and erection problems.
* Many prostate cancers grow slowly. This means that many men with prostate cancer will die of something else before their prostate cancer advances enough to cause any problems.
* With faster-growing prostate cancers, finding the cancer early may not help you live longer. Some prostate cancers will be fatal no matter when they are found or how they are treated.

Check out more on Prostate screening at this site: [Cigna Prostate Cancer Screening](https://www.cigna.com/individuals-families/health-wellness/hw/medical-topics/prostate-cancer-screening-aa38144#zx3721), or speak to your Cigna in-network physician.

Other Cancers:

Men’s Health Research Center says that “each year, over 700,000 men are diagnosed with cancer and nearly 300,000 die from the disease. During the course of a lifetime half of all men will get cancer at least once, and 1 in 3 women will get the disease. Cancer can strike anyone, at any age, but the majority of cases happen to people 55 and over.”

Most of these cancers and deaths are preventable. More than 1/3 of cancer deaths are caused by smoking and other forms of tobacco use, and another 1/3 may be caused by lack of exercise and poor diet. The secret to beating cancer is a) risk reduction [stop smoking, lose weight, etc.], and b) early detection [get your age-appropriate screenings].

Get more information a [Men’s Health Resource Center/Cancers](http://www.menshealthresourcecenter.com/cancers/).

ADDITIONAL INFORMATION:

For additional information on Men’s Health, see the following online resources:

<http://www.talkingaboutmenshealth.com/>

<http://www.menshealthnetwork.org/>

<https://www.cigna.com/individuals-families/health-wellness/hw/medical-topics/mens-health-center1027>