



FOR MEN ONLY

The majority of health problems a man might encounter typically are caused by a few common issues. Often, when one of the issues improves, the others do as well.

Common health issues for men are:

- › Heart attack and sudden cardiac arrest
- › High blood pressure
- › High cholesterol
- › Stroke
- › Diabetes

Of all the health issues men are at risk for, heart disease is the leading cause of death in men (ages 35–54). A heart attack is a blockage of one or more coronary arteries. When someone experiences cardiac arrest, electrical signals in the heart become erratic and trigger an irregular heartbeat that causes disruption.

There are a number of factors that affect your health that you simply can't change – gender, age, family history and race. But, there are plenty of things you **can** change, and these can make a big difference.

What helps lower those risk factors?

- › Quitting smoking
- › Reducing high blood pressure
- › Lowering your LDL (bad) cholesterol levels
- › Increasing your HDL (good) cholesterol levels
- › Dropping excess weight
- › Getting any diabetes or prediabetes you might have under control
- › Learning how to manage stress and anger



You should call 911 immediately if you experience:

- › Pain or discomfort in the chest
- › Shortness of breath, sweating, or nausea
- › Pain that spreads out into the arms, shoulders, neck or jaw
- › Racing heartbeat and dizziness

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Other men's health risks to be aware of:

- › Lung cancer
- › Colorectal cancer
- › Prostate disease
 - 85% of men diagnosed are over age 65
- › Testicular disease
- › Depression



As little as 30 minutes/day of brisk walking can raise your good cholesterol and lower your bad cholesterol

So how do you do it?

- › Exercise daily
- › Stop smoking: join a support group or talk to your doctor
- › Stay on top of your blood pressure and cholesterol levels
- › Eat a healthy, well-balanced diet
- › If you've got some pounds to lose, obtain and maintain a healthy weight
- › Control diabetes
- › Reduce cholesterol from foods
 - Cholesterol is found in animal products like steak, sausage, etc.
 - Saturated fat affects cholesterol levels more than cholesterol found in food
 - Aim to eat 25 grams of fiber/day
 - Schedule regular visits to the doctor

Strokes

80% of strokes are preventable. You can beat the odds by controlling high blood pressure, eating healthy, exercising and managing diabetes and cholesterol levels.

There are a number of different medical tests that are recommended to help you keep track of your health. Talk to your doctor about having these tests done annually:

- › Blood pressure
- › Cholesterol
- › Fasting glucose
- › Prostate screening at age 50+
- › Testicular screening
- › Colorectal cancer screening at age 50+
 - Colonoscopy once every ten years
 - Digital rectal exam and test for blood in the stool annually

OK, so usually men aren't always excited to go the doctor, but taking a few preventive steps can have a big impact on your health and may even save your life!

Healthy longevity tips to remember:

- › Indulge once in a while rather than all the time!
- › Drink alcohol in moderation
- › Find ways to balance work and play
- › Fill up on fiber
- › Add healthy fats to your diet

