

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:

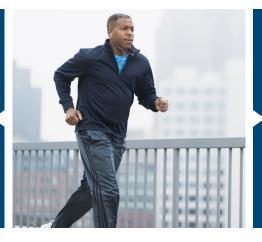
- Pain or discomfort in the chest
- ▶ Pain that spreads out into the arms, shoulders, neck or jaw
- > Shortness of breath, sweating, or nausea
- Racing heartbeat and dizziness

# Together, all the way.



#### 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



All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.