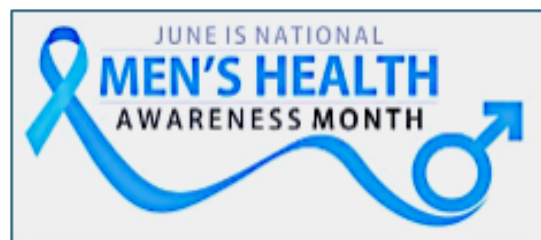


- Overview
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- Tests & Screenings
- Chiropractic's Role
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June is National Men's Health Awareness Month

DISCLAIMER. Representations in the Navigator issues are based on information gathered from multiple healthcare websites and advisors. The content is for Informational purposes only. We have not implied any representation confirming this information as accurate or complete. Readers are responsible to consult with their own healthcare advisors regarding their specific healthcare needs.



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If you experience any symptoms, it's important to consult with a doctor or other qualified healthcare professional for diagnosis and treatment.

OVERVIEW

June is National Men's Health Awareness Month, a time to raise awareness about men's health issues and encourage them to take preventative measures for a longer, healthier life. This month serves as a reminder for men to prioritize their well-being, including physical and mental health, and to seek regular checkups and screenings. This month gives health care providers an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The aims of the month are to heighten awareness of preventable health problems for males of all ages, to support men and boys to engage in healthier lifestyle choices, and to encourage the early detection and treatment of diseases like cancer, heart disease and depression, for example.

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue." – Rep. Bill Richardson (NM)



The Centers for Disease Control (CDC) reports that 13.8% of males aged 18 and over are in poor or fair health. Men also die an average of 5 years earlier than women and are at higher risk for serious diseases.*

Men 15-65 years of age are significantly less likely than women to seek preventive care services, and they are more likely to report not having a primary care provider. A good first step on the path toward improved health is to make a call and become established with a primary care physician (PCP) or holistic primary care physician (HPCP). A PCP/HPCP will review medical, surgical and family history and recommend age- and risk-appropriate health screenings.

WHAT ARE THE MOST COMMON MEN'S HEALTH ISSUES?

The most common health issues for men include heart disease, cancer (particularly prostate, lung, and colorectal), diabetes, and depression. Men are also more likely to experience respiratory diseases like COPD, liver disease, and sexually transmitted infections. Additionally, unintentional injuries are a significant cause of death and disability in men.** (Continued on next page)

* Men's Health Month. <https://menshealthmonth.org/>

** Medical City Healthcare. 6-13-24. <https://www.medicalcityhealthcare.com/healthy-living/blog/how-to-reduce-risk-for-these-8-common-men-s-health-issues>

THE MOST COMMON MEN'S HEALTH ISSUES

The most common issues and how to reduce risk include:

- 1. Cardiovascular Disease:** Heart disease is the leading cause of death for men globally, including heart attacks, strokes, and other cardiovascular issues. Men are at higher risk than women. Men can take charge by focusing on key lifestyle choices—such as eating a nutritious diet rich in fruits and vegetables, quitting smoking, staying physically active, managing stress, following their doctor's medication instructions, and keeping up with regular checkups with your primary care physician or specialist. Appointments offer a chance to undergo vital screenings, like blood pressure and cholesterol tests, that help catch issues early.
- 2. Cancer:** Cancer is the second leading cause of death in men. Prostate, lung, and colorectal cancers are particularly common. Regular doctor appointments offer a chance to undergo vital screenings that can help catch potential cancer issues early, before they become more serious.
- 3. Diabetes:** Men have a higher risk of developing type 2 diabetes than women, even at healthy weights. Managing your weight and getting more exercise can help reduce this risk. It's also good to know your risk for prediabetes so that you can act early.
- 4. Respiratory Diseases:** COPD (chronic obstructive pulmonary disease), including emphysema and bronchitis, is a significant concern for men, especially those who smoke. Avoid exposure to smoking and toxic airborne chemicals such as in rooms with poor circulation, and toxins like herbicides (e.g., Roundup), fungicides and pesticides.
- 5. Liver Disease:** Men are more likely to experience liver disease and cirrhosis, often linked to excessive alcohol consumption. Avoid excessive alcohol and excessive red meat consumption.
- 6. Mental Health:** Depression is a significant issue for men, often underdiagnosed and undertreated. Depression in men often goes unrecognized because its symptoms may not match common expectations. Instead of sadness, men might feel anger, frustration, or irritability—and they're more likely to downplay or ignore these emotions. If you think you might be experiencing depression, the first step is to talk with your healthcare provider. Anxiety and anger disorders are also common.
- 7. Sexually Related Issues:** Men are more likely to contract and experience Sexually Transmitted Infections (STIs). The most common STI, human papillomavirus (HPV), often resolves on its own. Some men with HPV can develop certain health problems such as penile cancer or genital warts from the infection. Testosterone, a hormone found in men, starts to drop in a man's thirties, but if that natural decline causes unwelcome symptoms like low sex drive or trouble concentrating, ask your physician whether you need a blood test to check your hormone levels. Your doctor can help diagnose any underlying issues that may be causing the "low-T" and discuss options like testosterone replacement therapy. Erectile dysfunction is a common concern for men, particularly those over 75—but it doesn't have to interfere with your sex life. Effective treatments, including medications, are available, and healthy lifestyle changes like quitting smoking or cutting back on alcohol can also help prevent or improve the condition.
- 8. Unintentional Injuries:** Accidents, falls, and other injuries are a leading cause of death and disability in men, especially younger men.



PREVENTION

When you get a preventive medical test, you're not just doing it for yourself. You're doing it for your family and loved ones:

- Men are 24% less likely than women to have visited a doctor within the past year and 22% more likely to have neglected their cholesterol tests.
- Men are 28% more likely than women to be hospitalized for congestive heart failure.
- Men are 32% more likely than women to be hospitalized for long-term complications of diabetes and are more than twice as likely to have a leg or foot amputated due to complications related to diabetes.
- Men are 24% more likely than women to be hospitalized for pneumonia.



Get Preventive Tests. Screening tests (see **TESTS & SCREENINGS** on page 4) can find diseases early, when they're easiest to treat. Talk to your doctor about which preventive medical tests you need to stay healthy.

Find Advice and Support. If your doctor tells you that you have a health problem, you will need to make decisions about your treatment. For many conditions, you may have several treatment options. How do you decide what's best for you?

- **Find good information.** Contact a group that has information about your condition. You can visit a local library to research your conditions. Use websites, like www.healthfinder.gov, to help you find information.
- **Make your decision with your doctor.** Once you've learned as much as you can about your condition, you and your doctor can choose what to do next. Look at the benefits and risks of each treatment for your condition and choose the treatment with which you're most comfortable. When you've made your decision, work with your doctor to create a treatment plan so you stay on track and know what to expect.
- **Ask questions.** If your doctor says you need surgery, ask:
 - Why do I need an operation?
 - Are there alternatives to surgery?
 - What are the benefits of surgery? What are the risks?
 - What happens if I don't have the surgery?
 - Where can I get a second opinion?
 - How many times have you performed this surgery?
 - Where will the surgery be done?
 - Will I need anesthesia? What kind?
 - How long will it take for me to recover?
 - How much will the operation cost me?
- **Get support.** It's normal to be concerned about your condition. You may want to ask your family and friends for help. If you have a tough time asking, think of what you need and ask one person to help you with the easiest concern on your list. You may also want to speak to a counselor or join a support group.
- **Talk with Your Doctor.** Men who know how to communicate with their doctors are more satisfied with their care and have better results. Give your doctor as much information as you can about your health history, any medicine you're taking, and problems that you may be having. Your doctor can then help you decide what tests you may need. Be sure to ask questions if you don't understand something. If you don't ask, your doctor may think you understand. Write down questions before you visit your doctor. You can also bring along a family member or a friend to ask questions and help remember the doctor's answers.*



* Agency for Healthcare Research & Quality (AHRQ). <https://archive.ahrq.gov/patients-consumers/patient-involvement/healthy-men/index.html>

TESTS & SCREENINGS

For men, regular health screenings can detect high blood pressure, cholesterol, diabetes, colon cancer, prostate cancer and/or lung cancer, and allow these conditions to be treated early to produce the best outcomes for health.*

According to the CDC, on average, men die about 5 years earlier than women and have higher mortality rates from some cancers and heart disease, . It's important that men talk to their health care providers about what types of preventive medical tests and activities they need to stay healthy. **



Recommended Screening for Young Men (18-39). Men in this age range are encouraged to discuss the health concerns below with their doctors. These discussions can be part of a yearly annual wellness visit.

- Physical exam: check blood pressure, screen for obesity, and testicular exam.
- Metabolic screening: fasting blood sugar and fasting lipid profile based on risk and family history.
- Vaccines: influenza, Hepatitis A/B, HPV, Tdap and MMR should be considered.
- STI screening: HIV, Hepatitis B/C, syphilis, gonorrhea and chlamydia screening should be considered.
- Behavior assessment: discuss tobacco, alcohol, recreational drugs, anabolic steroids, use of seatbelts, helmets, anger issues and gun safety.
- Planning: educate about adopting a healthy lifestyle—exercising, healthy foods, and avoiding substances.

Recommended screenings for adult men over 40. Similar to those for younger men but start to look at health concerns that most often appear in middle age.

- Physical exam: check blood pressure, screen for obesity, and consider prostate exam.
- Metabolic screening: fasting blood sugar and fasting lipid profile and estimation of cardiovascular risk.
- Vaccines: influenza, Hepatitis A/B, HPV (through age 45), and MMR. Shingles vaccine for adults over 50.
- STI screening: HIV, Hepatitis B/C, syphilis, gonorrhea and chlamydia screening should be considered, and pre-exposure prophylaxis for HIV (PreP) should be discussed.
- Cardiovascular: based on risk and symptoms (may include stress test or coronary artery calcium score).
- Cancer: based on family history and personal risks. May include prostate, colon, lung and skin exam.
- Eye exam.

Recommended screenings for adult men over 65. Older men should continue to evaluate their health and make lifestyle changes based on doctor recommendations to ensure they are able to live life to the fullest.

- Physical exam: blood pressure, height and weight, waist circumference and prostate exam.
- Metabolic screening: fasting blood sugar, fasting lipid profile, thyroid function (in some cases).
- Vaccines: influenza, covid-19, Hepatitis A/B, Tdap, Pneumovax/Prevnar and Shingles (Shingrex).
- STI screening: based on risk.
- Cardiovascular: abdominal ultrasound, coronary artery calcium and stress test based on risk & symptoms.
- Cancer screening: prostate, colon and lung as well as skin exam.
- Osteoporosis: screening should be considered in men over 70, men who lose height over time or have a low impact fracture. Fall risk assessment should be completed.
- Eye exam.***

* Health.mil. <https://www.health.mil/News/Dvids-Articles/2024/06/05/news473149?type=External+Articles>

** National Institute of Health (NIH). <https://www.nichd.nih.gov/newsroom/news/061114-mens-health-resources>

*** Brown Health University, June 5, 2023. <https://www.brownhealth.org/be-well/importance-mens-health-month>

THE ROLE OF CHIROPRACTIC CARE IN TREATING STRESS

Visiting a chiropractor should be an integral part of a man's health maintenance routine. By prioritizing spinal health and overall well-being, men can take significant steps toward a healthier future. Engaging in chiropractic care not only addresses immediate concerns but also supports long-term health goals, making it a valuable addition to any health strategy. Here's why men should consider visiting chiropractors for evaluation and treatment:



1. **Holistic Health Approach.** Chiropractors focus on the spine and the nervous system to promote overall health. They help identify issues, that when corrected, allow for a more comprehensive approach to health.
2. **Improved Mobility and Flexibility.** As men age, maintaining mobility becomes crucial. Chiropractic adjustments can enhance joint function and flexibility, helping men stay active and engaged in their activities, whether it's exercising, playing sports, or simply keeping up with family.
3. **Stress Reduction.** Chiropractic care can help reduce physical stress on the body, which can alleviate mental stress. Spinal manipulation and massage therapy can promote relaxation and improve mood.
4. **Preventative Care.** Regular evaluations can detect early signs of health issues. By addressing spinal misalignments and other physical concerns early, men can prevent significant health problems.
5. **Enhanced Athletic Performance.** For those involved in sports, chiropractic care can enhance performance by improving biomechanics and reducing the risk of injury. Chiropractors can offer tailored advice on how to enhance physical readiness and recovery.
6. **Support for Chronic Conditions.** Conditions such as diabetes and heart disease often have physical manifestations. Chiropractors can work with other healthcare providers to create a comprehensive care plan that addresses both the physical and lifestyle factors contributing to these conditions.
7. **Education and Lifestyle Guidance.** Chiropractors often provide valuable insights into lifestyle choices that can enhance overall health. These include advice on posture, ergonomics, exercise, and nutrition, empowering men to make informed decisions about their health.

Here are additional ways chiropractic care can improve men's health:

1. **Lowers Blood Pressure.** Chiropractic care is a safe and effective tool in treating and possibly preventing high blood pressure. Specific nerves are thought to play a role in high blood pressure. Studies have shown that receiving specific chiropractic adjustments aimed at freeing these nerves led to lower blood pressure.
2. **Improves Immune System.** Hormones, like testosterone, tend to affect the immune system. Low testosterone levels (low T) has many causes, including certain infections, injuries, congenital conditions, and lifestyle. Your nervous system plays a key role in modulating testosterone production. Correcting spinal problems can help the nervous system do its job better and result in more normal hormone levels. Your chiropractor can also evaluate your nutritional status to keep your testosterone levels up.
3. **Helps to Keep You Strong and Fit.** Chiropractic care can benefit active men in two ways. Regular adjustments can keep your body in good working condition, making it less prone to injury, and adjustments after an injury can help your body heal faster.
4. **Improves Posture.** Chiropractic adjustments and therapeutic exercises can correct problems caused by bad posture. This can also help you learn how to maintain a healthier posture to prevent recurring problems.
5. **Improves Athletic Performance.** Over 90% of top-tier athletes are under regular chiropractic care. Chiropractic care helps athletes recover faster from intense activity and reduces their chance of injury. **

* Modern Chiropractic Chicago. December 19, 2024. <https://www.modernchiropracticchicago.com/chiropractic-and-acupuncture-for-arthritis-evidence-based-approaches-to-pain-relief/>

** Stanlick Chiropractic. <https://stanlickchiropractic.com/6-ways-chiropractic-care-benefits-mens-health/>

THE ROLE OF VITAMINS AND SUPPLEMENTS IN MEN'S HEALTH

Vitamins and supplements play a crucial role in men's health. Key nutrients include Vitamin D, Vitamin B12, magnesium, zinc, and omega-3 fatty acids. A well-rounded approach to supplementation can help bridge nutritional gaps and support bodily functions, including muscle function, bone health, and immune system support.*



Key Vitamins and Minerals:

- **Zinc:** Important for immune function, wound healing, and male fertility. Our bodies do not naturally make zinc, which is why it's an important supplement to take. Additionally, zinc helps the body create testosterone. Zinc is also critical for overall prostate health, protecting against tumor development.
- **Collagen:** Collagen is a protein found in connective tissue, bones and muscles. As you age, collagen in your skin starts to deteriorate. Oral collagen peptide supplementation increases skin hydration and collagen density – both of which can help promote skin appearance – among other anti-aging effects.
- **L-Theanine:** This is an amino acid found in tea, which offers anxiety and stress relief. Because stress causes inflammation and can speed up aging effects, it's important to counter the stress response. L-Theanine protects the body and brain from unhealthy aging. L-Theanine is also helpful for sleep.
- **Vitamin D:** Essential for muscle function, bone health, and immune system support.
- **Vitamin B12:** Necessary for energy production, brain health, and nerve function.
- **Magnesium:** Critical for healthy muscle function, bone health, nerve function and supports repair of cellular damage (such as that caused by free radicals). It helps in brain health as it supports neuronal recovery (i.e., healing the brain and spinal cord). Magnesium is also great for recovery after a workout. As a muscle relaxant, it can deliver some much-needed calm before bed without making you drowsy.
- **Omega-3 Fatty Acids** (e.g., Fish Oil): Supports heart health, brain function, and reduces inflammation. It helps lower LDL (bad) cholesterol and blood pressure. The omega-3-fatty acids in fish oil known as EPA and DHA can improve blood flow by decreasing platelet aggregation (aka blood clots) and boost vitality of skin and hair. Due to its anti-inflammatory properties, fish oil also reduces inflammation that can lead to many aging-related diseases, such as heart disease, cancer, diabetes and countless others.**
- **Calcium:** Vital for healthy bones and muscles.
- **Vitamin C:** A powerful antioxidant that supports immune health and promotes collagen production.
- **Vitamin A:** Supports eye health and immune function.
- **Vitamin E:** A powerful antioxidant that helps protect against cell damage.
- **Acetyl-L-carnitine:** An amino acid that helps your body turn fat into energy. It's plays a big role in neuroprotection (i.e., protecting the brain) and brain function, in patients with Alzheimer's dementia.
- **CoQ10:** Coenzyme Q10, or CoQ10, is a powerful antioxidant made by the body and stored in the mitochondria (the energy production powerhouse) of your cells, which use it for growth and maintenance. CoQ10 is particularly beneficial for improving the appearance of aging skin.
- **Turmeric:** Turmeric, an anti-inflammatory spice, may help reduce symptoms of arthritis.

Important Considerations. It's essential to talk to a doctor or registered dietitian before starting any new supplement regimen, especially if you have existing health conditions or are taking medications. Focus on a Balanced Diet: supplements should complement a healthy diet, not replace it. Choose High-Quality Products: look for supplements that have been third-party tested for purity and potency. Be Mindful of Doses: follow recommended dosages and avoid exceeding them.

* Men's Health. 12-17-23. <https://www.menshealth.com/nutrition/a19539297/the-top-10-supplements-for-men/>

** Spar, Myles, MD. The Well. 06-22-22. <https://www.the-well.com/editorial/anti-aging-supplements-men>

JUNE is
MEN'S HEALTH
MONTH

A blue awareness ribbon is positioned diagonally across the bottom right of the slide, overlapping the text 'MONTH' and the 'PROSTATE' header.

If you experience any health symptoms, it's important to consult with a doctor or other qualified healthcare professional for diagnosis and treatment.

Many thanks to the Centers for Disease Control (CDC), the Cleveland Clinic, the Mayo Clinic, Johns Hopkins Medicine, the National Institute of Health (NIH), the National Libraray of Medicine, Men's Health Magazine, Military Health Magazine, Medical City Healthcare, Brown Health University, Modern Healthcare Chicago, Stanlick Chiropractice, Miles Spar, MD, and the Agency for Healthcare Research and Equality for providing some of the documentation and images for the this month's information relating to Men's Health Month.