

# June is Men's Health Month

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Sensia Healthcare  
[www.sensiahealthcare.com](http://www.sensiahealthcare.com)  
(414) 359-0800

Did you know that, on average, men are less healthy and die younger than American women? Men are more likely to engage in unhealthy behaviors, work in dangerous occupations and less likely to seek preventive care. More than half of premature deaths among men are preventable. But you can't prevent a problem if you're not aware or deny that it exists. Here's a list of symptoms men should not ignore:



- Changes in bowel or bladder habits – blood in the urine or stool, having to urinate several times a night, etc.
- Impotence or erectile dysfunction – may be caused by diabetes, clogged arteries, or high blood pressure
- Persistent backaches, changes in the color or size of moles, unusual lumps, recurrent chest pains or headaches, nagging cough, unexplained weight loss or extreme fatigue can all be signs of other serious health problems
- Depression – acting overly anxious, having trouble sleeping, complaining of feeling empty, and losing interest in hobbies or pleasurable activities (including sex) may be signs of underlying depression

*For more information regarding Sensia Healthcare's Wellness Programs, contact John Lerand at 414-359-9440 or email him at: [jlerand@sensiahealthcare.com](mailto:jlerand@sensiahealthcare.com).*

Here are 5 important things any man can do to lengthen his lifespan:

1. Find a primary care physician and have a checkup at least every two years.
2. Ask about your family history – find out if any first-degree relatives died before age 55 from heart disease or cancer
3. If you choose to accept a dangerous assignment or job, make sure you receive education and training and follow the proper safety procedures to minimize your risk of injury.
4. Avoid risky behaviors such as smoking, taking illicit drugs, and excessive alcohol intake which can lead to other health problems, accidents, or death.
5. Engage in daily activity. Staying fit and eating healthy are two ways to help maintain a healthy weight and lower your risk for several chronic illnesses including hypertension, diabetes and heart disease.

For more information, read the book, "Why Men Die First – How to Lengthen Your Lifespan" by Marianne J. Legato, MD, F.A.C.P. or go to [www.menshealthnetwork.org](http://www.menshealthnetwork.org).

Mary Kelly  
MS, RD, CD, CDE  
[www.sensiahealthcare.com](http://www.sensiahealthcare.com)  
[mkelly@sensiahealthcare.com](mailto:mkelly@sensiahealthcare.com)