



Men's Health Month

HEALTH SCREENING CHECKLIST



Many male health risks can be traced back to behaviors that lead to higher rates of injury and disease. However, anatomy, hormones and genes also play roles in men's increased risk for diseases. Don't let health risks get in the way of the life you love.

SCHEDULE A SCREENING TODAY!

✓ CHOLESTEROL

A high level of LDL cholesterol in the blood causes sticky plaque to build up in the walls of the arteries. This increases your risk of **heart disease** and can lead to **heart attack and stroke**.

✓ DIABETES

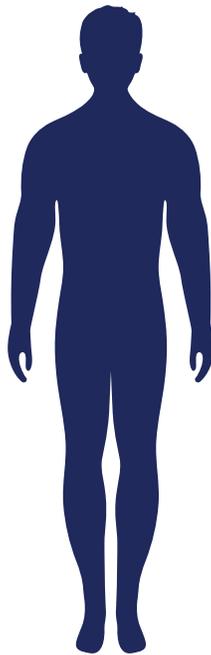
Uncontrolled diabetes can lead to heart disease and stroke, kidney disease, blindness, nerve damage, and impotence. **When found early, diabetes can be controlled and complications can be avoided.**

✓ BLOOD PRESSURE

The risk for high blood pressure increases with age. It's also related to **weight and lifestyle**. Know your blood pressure. If it's high, work with your doctor to manage it.

✓ OBESITY

Being overweight or obese increases your risk for many illnesses. Also, all fat is not equal. Carrying too much belly fat puts you at risk of developing high blood pressure, Type 2 diabetes, heart disease, stroke, migraines, and dementia.



✓ GLAUCOMA

Glaucoma gradually damages the optic nerve and may lead to **blindness and irreversible vision loss**. Screening tests can catch and allow you to treat the condition before damaging the optic nerve.

✓ SKIN CANCER

Perform regular skin self-exams to check for any changes in marks on your skin including shape, color, and size. A skin exam by a dermatologist or other health professional should be part of your routine checkup.

✓ PROSTATE CANCER

Prostate cancer is the **most common cancer found in men** after skin cancer. Screening tests can find the disease early, sometimes before symptoms develop, when treatments are most effective.

✓ COLORECTAL CANCER

Colorectal cancer is the **third most common cancer diagnosed in both men and women**. The way to prevent colon cancer is to find and remove growths on the inner surface of the colon before they turn cancerous.

HEALTH MYTH BUSTERS

1

Cutting calories means weight loss.

Too drastic of a calorie reduction can make your body think it's starving and therefore will try to hold on to calories and fat, nixing your weight loss plan.

2

Higher SPF sunscreen is best.

Don't feel the need to slather on the highest SPF rated sunscreen. A 60 SPF will block about 98.3% of harmful rays, but a 30 SPF still blocks 96.7%.

3

More fiber means less chance of colon cancer.

A high-fiber diet is essential for good health and a healthy gut bacteria population, not for cancer prevention.



56%

of **men** prefer keeping health concerns to themselves



60%

of **men** neglected to see a doctor even when they needed to



81%

of **men** are more concerned about heart disease than sexual health issues



30%

of **men** say they don't need annual check-ups because they are healthy



27%

of **men** research their symptoms online when noticing health changes



877.834.4596

<https://wellnesstherightway.hmchealthworksco.com>





SUCCESS STORY

MEMBER

35 Year Old Male

GOALS

Eliminate medication, reduce A1c levels and lose weight.

SUCCESS

All lab results improved. Total cholesterol improved from 213 to 154, HDL from 34 to 42, Triglycerides 373 to 94 and LDL from 104 to 94.

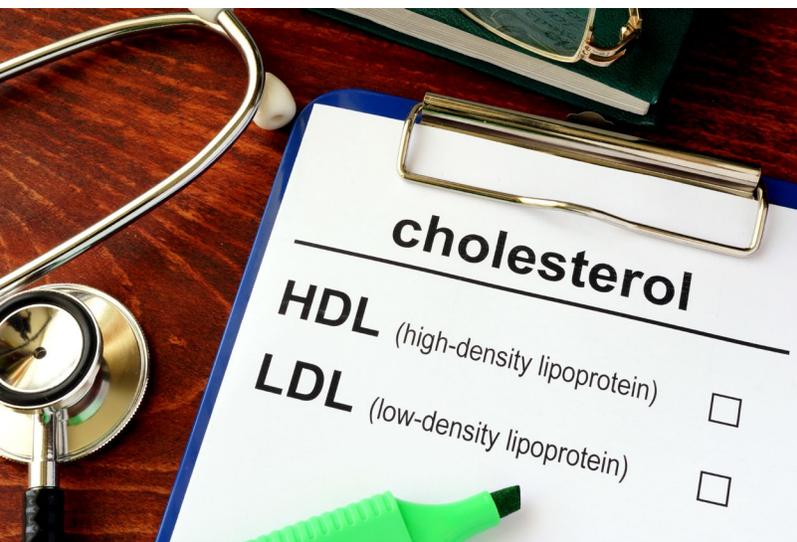
OUTCOMES

By working with his HMC coach, he now understands how to manage his conditions. He continues to be active and monitor his diet on a regular basis.

IN HIS OWN WORDS

“Since starting the program, I lost 20 pounds! I cut back on the fast food, fried foods and carbohydrates.”

WANT TO SHARE YOUR HMC HEALTHWORKS SUCCESS STORY? EMAIL US [HERE](#).



STEAK & MUSHROOM FOIL PACKS

Ingredients - Serves 4

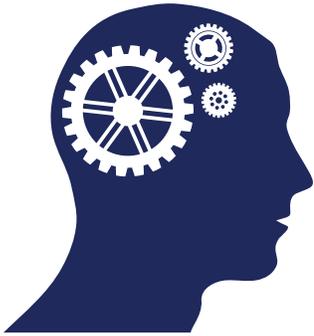
- 1 lb. top sirloin steak
- 1/2 lb. whole mushrooms, halved
- 6 tbsp. butter, melted
- 1/2 tsp. dried basil
- 1/2 tsp. dried parsley
- 1/2 tsp. dried thyme
- 3 tsp. minced garlic
- salt and pepper, to taste
- fresh thyme or parsley, for garnish

Directions

1. Preheat oven to 400°.
2. Cut steak into 2-inch chunks and place in a large bowl along with halved mushrooms.
3. Stir together melted butter, basil, parsley, thyme, and garlic. Pour over steak and mushrooms and stir to coat.
4. Divide steak and mushrooms between four large pieces of aluminum foil and wrap, pinching edges together to seal the packet. Grill for 12-15 minutes flipping halfway through to cook evenly OR bake for 25-30 minutes until steak is cooked to desired doneness .
5. Open packets, garnish with chopped parsley or thyme, and serve immediately.



Click [here](#) for more healthy recipes.



“MEN”TAL HEALTH

Mental health is part of overall health for men. Just like we can't be well without good mental health, we can't be healthy if we neglect the rest of our body. When dealing with a mental health condition it can be easy to fall into a rut, relying solely on medication or therapy to be your cure and forgetting to take good care of your body. However, paying attention to lifestyle choices is important for recovery as well.



GET ACTIVE

Engage in any type of physical activity for at least 20 minutes a day. **It doesn't matter the type of activity** – what matters is to **do it**. Studies have shown that exercise can reduce anxiety and depression and improve mood, self-esteem and cognitive function. In addition, exercise can prevent or treat medical conditions like obesity, cardiovascular disease, stroke and Type 2 diabetes, and it improves your overall quality of physical health.



EAT HEALTHY

A healthy diet emphasizes having the appropriate portions of fruits, vegetables, whole grains and low-fat or fat-free milk products and should include lean meats, poultry, fish, eggs, beans and nuts. Unhealthy fats and sugars should be limited. **People experiencing mental health conditions should aim for a diet low in refined sugar as research has shown that a diet high in refined sugar worsens symptoms.** For more information about how diet can affect mental health, visit ChooseMyPlate.gov.



AVOID SUBSTANCE ABUSE AND SMOKING

Abusing **drugs and alcohol** may seem like an effective way to cope with symptoms of a mental illness, but they can **actually make a condition worse**. Certain medications cause an increased risk of heart disease.

Smoking will elevate this risk even further. Medications are also broken down faster in people who smoke, meaning that **smokers being treated with medication for a mental health condition have to take higher doses than nonsmokers, which can lead to more unpleasant side effects**. Though it can seem daunting, quitting is important for both your mental and physical health. For more information on quitting, visit smokefree.gov.



HOW DO I GET HELP?

If you or a family member are struggling with mental health or substance abuse issues, talk to your doctor or a mental health professional.