



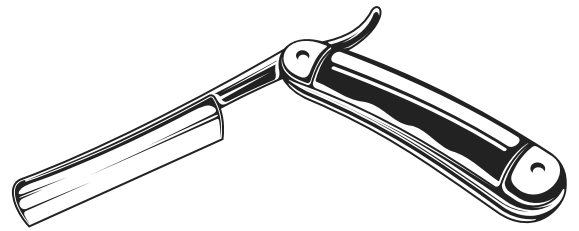
Feeling groovy

Lookin' good on the outside - feelin' good on the inside.

Get to know the most common health concerns for MEN – and how to prevent and detect them.

If you have a standing appointment with your barber but can't remember the last time you had a yearly check-up, you're not alone. The average man pays much less attention to his health than the average female does. Whether due to a lack of awareness, unhealthy lifestyle choices or minimal education on prevalent issues, the disparities toward health are impacting more men each year.

Compared to women, men are more likely to drink alcohol or use tobacco, make riskier choices in both work and their personal life, and forego routine checkups, according to Men's Health Network.

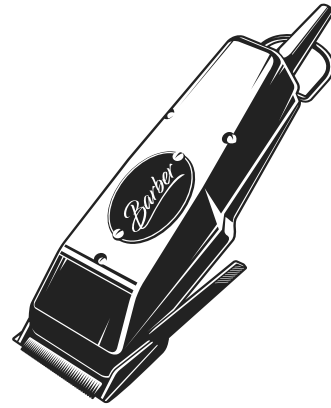


Many of the major health risks that men face today can be prevented with a healthy lifestyle that includes regular exercise, a healthy diet, not smoking, stress reduction and moderate alcohol consumption (no more than two drinks a day). Regular checkups and screening tests can spot disease early, when it's easiest to treat.

Cardiovascular disease

According to the American Heart Association, one in three men have some form of cardiovascular (heart) disease. An estimated 2.8 million men experience a stroke each year, and hypertension (high blood pressure) is occurring more frequently in younger men.

Symptoms of heart disease vary but may include chest pains, palpitations and elevated blood pressure. Regular medical visits are important for monitoring blood pressure, cholesterol and heart health.



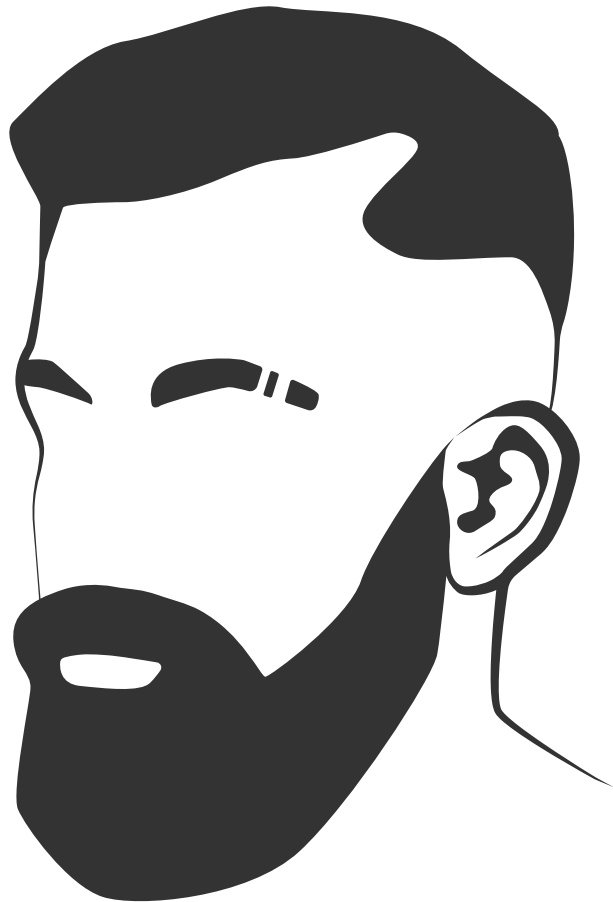
Make an appointment with your doctor.

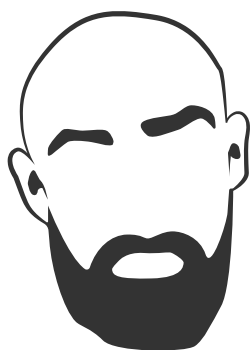


Respiratory disease

According to the American Lung Association, each year more men are diagnosed with lung cancer than in the year prior. Occupational hazards, such as exposure to asbestos, contribute to this risk, but smoking remains the leading cause of lung cancer, emphysema and other respiratory diseases.

Symptoms can vary from person to person and they may include frequent wheezing or coughing, excess phlegm or mucus production within the chest, shortness of breath or trouble taking a deep breath.





Prostate cancer

The most common form of cancer for men and the second-leading cancer death for men is prostate cancer. Typically considered a disease for older men, in reality, prostate cancer can occur in younger men.

The most common symptoms include frequent urination, weak or interrupted urine flow, blood in urine or pain with urination. Prostate cancer is very treatable if found early, supporting the case for regular checkups.

Diabetes

Diabetes presents a unique set of complications for men, including lower testosterone levels, which can lead to a greater risk for sexual impotence along with depression and anxiety. Untreated diabetes also contributes to heart disease, nerve and kidney damage, and vision problems.

For men, the most reported symptoms include increased thirst and/or hunger, dry mouth, nausea, frequent urination and blurred vision.

Liver disease

Men have a greater risk of liver diseases, such as cirrhosis and alcoholic liver disease, due to higher levels of alcohol and tobacco use. Also, men who have sex with men are at increased risk for viral hepatitis B.

Common symptoms include yellowing skin or eyes, abdominal pain and swelling, swelling of extremities, itchy skin and discolored urine or stool.



Feelin' groovy takes a little maintenance every day.

Visit the barbershop to relax, socialize and meet old friends.

Skin cancers

According to the Skin Cancer Foundation, men age 50 and older are at a higher risk for developing skin cancer – more than twice the rate of women. This higher risk is likely related to more frequent sun exposure and fewer visits to the doctor.

Symptoms of skin cancer often include new discolored spots on the skin, moles that change color or size, or small lesions on the skin that have an irregular border.



You can ask your barber if he sees anything curious on your scalp, ears or the back of your neck.



Depression and suicide

Men experience depression differently than women, often reporting **symptoms of fatigue and irritability**. Men are also less likely to acknowledge the condition or seek help. Though women are more likely to attempt suicide, men are more successful with their suicide attempts.

If you feel you may be at risk of suicide, please contact 911 or your nearest emergency room. The National Suicide Prevention Hotline number is 800-273-8255.

Erectile dysfunction

Erectile dysfunction is a common health problem for men, especially for those with diabetes or prostate issues. There are a number of reasons why men develop erectile dysfunction, many of which can be treated; most often the initial complaint by men is a reduced sexual desire.

Don't give up hope: Seek medical advice.

Become proactive!

Now that you are more aware of the top health issues facing men today, the next step is to change your habits and become more proactive about your health. Addressing your health can be scary and intimidating, but avoiding it altogether can be deadly. If you are experiencing symptoms, suspect you might have a condition or simply want to schedule a checkup, the most important thing you can do is call your physician or other provider to set up an appointment to discuss your concerns. Taking that first step is important, and remember: You are not alone in the fight for better health.

Download our flyer to learn more about about essential screening tests for men and at what ages they're recommended.



**LEARN MORE ABOUT
ESSENTIAL SCREENING
TESTS FOR MEN**

CLICK THE LINK TO TAKE A SHORT QUIZ FOR PROOF OF
COMPLETION:

<https://www.surveymonkey.com/r/RW6XZ8J>