

What is Men's Health Month?

The purpose of Men's Health Month is to raise the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and people a chance to urge men and boys to seek regular medical care and early treatment for disease and injury.

Why is Men's Health Month important?

Some health conditions only affect men, like prostate cancer and low testosterone. Many of the major health risks that men face, like colon cancer or heart disease, can be prevented and treated with early diagnosis. Screening tests can find diseases early, when they are easier to treat.

Most men need to pay more attention to their health. Compared to women, men are more likely to:

- Smoke and drink.
- Make unhealthy or risky choices.
- Put off regular checkups and medical care.

The top causes of death among adult men in the U.S. are heart disease, stroke, cancer, and chronic lower respiratory disease. The good news is that a few changes can greatly lower your risk of these common health problems – read on for those changes.

Mobile apps

- [Fooducate](#)
- [MyFitnessPal](#)
- [Sleep Cycle](#)
- [MyLife: Stop, Breathe, & Think](#)

Tips from our docs

This month, our healthy tip is brought to you by **Mark Epstein, MD**, our CEO and President.

Take action to be healthy and safe and encourage men and boys in your life to make their health a priority. These simple steps can help men and boys improve their health.

- **Get enough sleep.** Adults need between 7-9 hours of sleep each night.
- **Toss the tobacco.** Quitting smoking improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.
- **Get moving.** Adults need at least 2½ hours of moderate-intensity exercise and muscle-strengthening activities that work all major muscle groups **on two or more days a week.**
- **Eat healthfully.** Eat a variety of fruits and vegetables every day.
- **Manage stress.** If you feel like you're always on edge, your physical and mental health may suffer. Take steps to lower stress or learn to deal with stress in healthy ways.
- **Stay on top of your game.** See your doctor or other health care provider for regular checkups, even if you feel fine. Certain health problems may not have symptoms, so checkups help find issues early or before they can become a problem. Keep track of your numbers for blood pressure, blood glucose, cholesterol, and body mass index (BMI).

Learn more about recommended preventive screenings on our [website](#).

More resources

- [Men's Health Month](#)
- [Men's Health Network](#)
- [Men's Health Topic: Medline Plus](#)
- [Centers for Disease Control and Prevention](#)