

June is Men's Health Awareness Month

Men's health issues significantly influence everyone around them. Too many men do not ever see a doctor unless there is something seriously wrong or someone makes the appointment. June is Men's Healthy Month and it is a time to increase awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. It is important that men and women educate themselves about potential male health problems.

Here are some tips for Improving Men's Health:

Get regular check-ups. Men need to pay attention to their health. Men are more likely than women to make unhealthy or risky choices and put off regular checkups and medical care. Many diseases and health conditions do not have symptoms, checkups for an early diagnosis is important.

Sleep. Lack of sleep is associated with chronic diseases and illnesses such as diabetes, cardiovascular disease, obesity and depression. Not enough sleep can lead to accidents that can cause significant injury and disability. Most men need between 7 and 9 hours of sleep.

Sit Less and Move More. Warmer weather and longer days in the summer is a good time to be more physically active. Research shows exercise helps to prevent heart disease and obesity and lowers blood pressure. Aim for 30 to 60 minutes of exercise or physical activity on most days. You don't even have to do it all at one, it can be spread out during the day with different activities.

Eat healthier. Ways to improve the nutritional quality of your diet include eating a varied diet rich in fruits, vegetables, whole grains and low-fat foods. Especially limit cholesterol intake and avoid saturated fats. Be a healthy role model. Encourage others around you to eat healthy by setting an example.

Avoid tobacco. If you smoke, chew or dip, it is never too late to quit. According to the Center for Disease Control and Prevention, quitting smoking has immediate and long-term benefits. It improves health and lowers risk of heart disease, cancer, lung disease, and other smoking-related illnesses. Avoid being around secondhand smoke. Inhaling other people's smoke causes health problems similar to those of smokers.

Limit Alcohol. Over use of alcohol can lead to alcoholism and alcohol abuse. It can lead to liver disease, heart disease, cancer and other health problems. It can cause problems at work and at home and with friends. For most it is better to not drink at all and especially if you have certain medical conditions or are an alcoholic. For most men, it is recommended to consume no more than 2 to 3 drinks per day and not more than 13 – 14 drinks per week.

Pay Attention to Warning Signs. You won't have lights going off or sirens, but your body. Watch for changes in bladder or bowel habits, persistent backaches, recurrent chest pains, shortness of breath, excessive thirst and extreme fatigue. Keep track of your numbers for blood pressure, blood glucose, cholesterol, and body mass index.

For more information about men's health visit this website: www.menshealthnetwork.org for resources and health facts. For more food, nutrition and health information from Texas A&M Agrilife Extension go to www.fcs.tamu.edu .