

# HDHeartbeat

A Health Designs Newsletter



## Men's Health: The Basics Every Man Should Know

June is Men's Health Awareness month where we put a spotlight and focus on three areas regarding men's health: physical health, mental health, and social connection.

- Men 15-65 years of age are less likely to seek preventive care services. Scheduling regular checkups can help monitor your weight, blood pressure, cholesterol levels, and blood sugar. Monitoring these values can help you either detect or prevent the onset of chronic health conditions such as high blood pressure, high cholesterol, diabetes, and more!
- Mental health is an important determinant of overall health and quality of life for men at every age. Because of stigma, men are less likely to seek out mental health services and turn to unhealthy or risky behaviors such as drugs, alcohol, and suicide.
- Social connection is essential to total health and well-being for both men and women; however, it can be very beneficial for men striving to take charge of their physical and mental health.

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## Preventive Care: Why Regular Check-Ups Save Lives

Men, on average, tend to pay less attention to their health than women, with an estimated 32% lower rate of receiving medical consultation. Prostate cancer is one of these risks that is less talked about but extremely common in men. It is not well known that about 1-8 men will be affected by prostate cancer in their lifetime with around 35,250 thousand deaths in America in a year. It's important to spread awareness and reduce stigma in regard to important health interventions for men; receiving proper health screenings is important to save lives and catch issues before they become critical.

The next time you schedule that annual physical consider asking about some of the below screenings and consider making additional appointments for other areas of your health.

- Metabolic screening with fasting lipid panel and fasting blood glucose screenings.
- PSA screening to screen for prostate cancer.
- Specialized cardiovascular screenings based on risk and symptoms.
- Osteoporosis screening if 65 years or older.
- Cancer screenings for colon, lung, and skin
- Eye exam
- Dental exam

## HD MONTHLY CHALLENGE

Show the men in your life that you care for them. Whether its making an appointment for yourself or talking with those important men in your life, let's work together to spotlight men's health this month and beyond.

## Summer Fruit Infused Water

- 2 cups of diced watermelon
- 1 lime, sliced
- 1 lemon, sliced
- ½ red grapefruit, sliced and quartered
- 1 medium cucumber, sliced
- 12 mint leaves
- 2 quarts of water
- Ice
- Sparkling water, optional



1. Combine fruit, cucumber, mint leaves, and water in a large pitcher.
2. Place in fridge and infuse overnight.
3. To serve, pour water in glass filled halfway with ice and add a splash of sparkling water.
4. Store rest in fridge for up to three days.



## The Role of Exercise in Reducing Health Risks For Men

Exercise has many health benefits for everyone but we'll focus on the benefits of exercise that can lower men's health risks.

- Regular exercise is linked to improved heart health by reducing the risk for heart disease, high blood pressure, high cholesterol, stroke, and heart attack. Engaging in regular aerobic physical activity strengthens your heart so it can work more efficiently to circulate oxygen and nutrient rich blood to your body. Aim to get 30 minutes of moderate-intensity aerobic exercise on most days of the week.
- Regular exercise also helps reduce your risk for developing chronic health conditions such as heart disease, type diabetes, metabolic syndrome, and some cancers.
- Weight can be managed by building muscle mass with a regular strength-training program. Combining aerobic and strength training into a robust exercise program helps you burn calories, build lean muscle mass, and improve your metabolism to help you manage your weight. Aim to add strength-training exercises that work the major muscle groups of your body, 2-3 times a week to your exercise regimen.
- Regular exercise is not just beneficial to your physical health; it can help boost your mental health and well-being as well! Regular exercise helps the body release those feel-good endorphins and improve your sleep patterns, leading to reduced risk of anxiety depression, and stress.

### MEN'S HEALTH: WHY REGULAR CHECK-UPS SAVE LIVES

We briefly touched on the importance on preventive healthcare earlier. Let's take a deeper dive into just how important preventive screenings are. Click the below icon to read our newest blog post that details just how preventive screenings can save your life, or the life of the men in your life.

