

# SPOTLIGHT ON *Men's Health*

June is Men's Health Awareness Month — a time to raise awareness and support for the top health and wellness issues affecting men. Three common physical health issues affecting men relate to their heart, prostate, and colon.



## HEART DISEASE

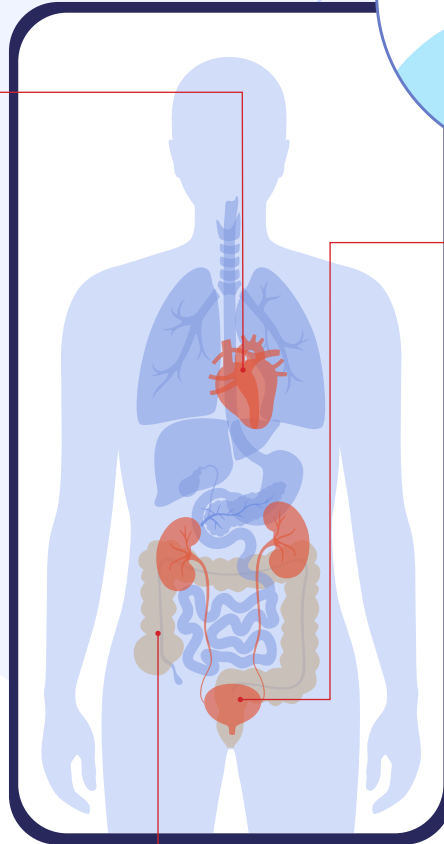
### #1 cause of death

"Heart disease is the leading cause of death for men of most racial and ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites," according to the Centers for Disease Control and Prevention.

#### Lower Your Risk

- Monitor your blood pressure and cholesterol levels.
- Maintain healthy diet and lifestyle choices.

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## PROSTATE CANCER

### #2 cause of cancer-related deaths

"Prostate cancer develops more often in African American men and in Caribbean men of African ancestry than in men of other races. And when it does develop in these men, they tend to be younger. Prostate cancer occurs less often in Asian American, Hispanic, and Latino men than in non-Hispanic White men," according to the American Cancer Society.

#### Risk & Outcome

- **60%** of diagnoses are made after age 65.
- Death rates have been declining for two decades.

Early detection is the key to managing prostate cancer. Follow your doctor's directions about when to begin screenings.

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## COLORECTAL CANCER

### #3 most common cancer diagnosis for men & women

"Overall, the lifetime risk of developing colorectal cancer is about **1 in 23** for men and **1 in 26** for women," according to the American Cancer Society.

#### Diagnosis & Outcomes in 2023

- More than 153,000+ people are estimated to be newly diagnosed with colon or rectal cancer.
- For two decades, colorectal cancer diagnoses have been rising in people **under 50**.

Early detection is the key to managing colorectal cancer. Follow your doctor's directions about when to begin screenings.

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