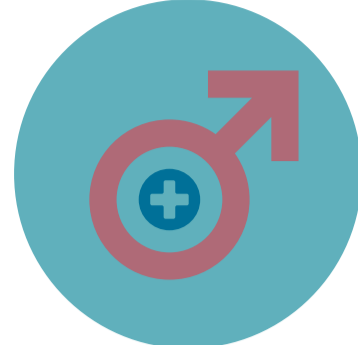




## 5 threats to men's health



**Women outlive men in almost every country. Even for preventable and non-communicable diseases (e.g. diabetes, high cholesterol and hypertension), men visit healthcare providers less than women.**

**MEN:** It is crucial to go for your screening tests and watch your lifestyle habits!

### The top 5 threats to men's health:

#### 1. HEART DISEASE

Heart disease is the leading cause of death for both men and women worldwide, yet **men face a higher risk at a younger age.**

**♂ MEN: 2X** as likely to have a heart attack. 

#### SOLUTIONS:

##### Screening tests

High blood pressure and cholesterol levels can increase the risk of heart disease. By **visiting your healthcare provider for regular screening tests**, you can help to monitor them and better **protect your health.**

##### Lifestyle changes

Heart disease is a preventable condition and **healthy lifestyle habits can help to reduce your risk.**

You could delay the onset of heart disease and to some extent prevent it through lifestyle changes, including the following:

- **Not smoking.**
- **Exercising** for at least 30 minutes per day.
- Cutting back on **alcohol.**
- Eating a **diet high in fibre** (eating whole grains, fruits and vegetables) and low in refined sugar and processed foods.
- **Preventing weight gain**, as this can increase your risk of diabetes which is also a risk factor for heart disease.



#### 2. LUNG CANCER

**WORLDWIDE SMOKERS:**   **6% of**  **VS 35% of** 

Also, **men begin to smoke much earlier** in their lives. These two factors greatly increase their risk for lung cancer, which is the **leading cause of cancer death in men worldwide.**

#### SOLUTION:

##### Quit smoking

The **best way to reduce your risk of lung cancer** is to **quit smoking.** Tips to do so include the following:

- **Identifying when you crave cigarettes** and making a list of other things you can do when the craving starts.
- Joining a **support group.**
- Creating an **action plan** to help you quit.



#### 3. PROSTATE CANCER

Prostate cancer is the **most common cancer affecting men in South Africa.**

**± 1 IN 9 MEN** will be diagnosed with prostate cancer in their lifetime.

#### SOLUTIONS:

##### Early detection

When **detected early, prostate cancer can be treated.** Make sure to **visit your treating healthcare provider for regular check-ups.**

##### Lifestyle changes

Lifestyle habits that can **reduce your risk** include the following:

- Regular **exercise.**
- Maintaining a **healthy weight** (eating a diet rich in fibre that includes whole grains, fruits and vegetables).
- **Quitting smoking.**
- **Avoiding fats** found in fast foods and focusing on healthy fats found in nuts, seeds, and fish.
- **Avoiding alcohol**, but if you choose to drink alcohol, doing so in moderation.



#### 4. UNINTENTIONAL INJURIES

**♂ MEN: ± 3X** more likely to die from road traffic / unintentional injuries.

#### SOLUTION:

##### Reduce your risk of road traffic injuries

Men can **reduce their risk of road accidents** by doing the following:

- Obeying **speed laws.**
- Not driving while **under the influence** of alcohol, cannabis, prescription drugs and illegal drugs.
- Not using your phone, tablet or any other **technology** while driving.
- Always **using a seatbelt** as this can help to reduce your mortality risk by 50%.



#### 5. STROKE

**Worldwide, strokes are more common in men than women below the age of 44,** and are also the **leading cause of long-term disability.**

**± 4 IN 5 STROKES ARE PREVENTABLE.**

It's important for men to know the risks and reduce them as much as they can.

#### SOLUTION:

##### Lifestyle changes

Lifestyle habits can **help to reduce the risk for stroke.** These include the following:

- **Quitting smoking.**
- Monitoring your **blood pressure** by going for regular screening tests (high blood pressure is a main risk factor for stroke).
- Managing your **blood sugar levels** (diabetes increases your risk of stroke as it harms blood vessels in your brain).
- Maintaining a **healthy weight.**
- **Exercising** for at least 30 minutes per day.
- **Reducing your alcohol** intake.
- **Healthy eating** habits (eating high-fibre wholegrains, fruits and vegetables, low-fat or fat-free dairy, and lean proteins).



#### References

- <https://www.who.int/news-room/detail/04-04-2019-uneven-access-to-health-services-drives-life-expectancy-gaps-who>
- <https://heart.bmj.com/content/103/7/479>
- <https://www.health.harvard.edu/heart-health/throughout-life-heart-attacks-are-twice-as-common-in-men-than-women>
- <http://www.heartfoundation.co.za/blood-pressure/>
- <http://www.heartfoundation.co.za/cholesterol/>
- <http://www.heartfoundation.co.za/causes-of-a-stroke/>
- <https://www.wcrf.org/dietandcancer/cancer-trends/worldwide-cancer-data>
- [https://healthcare.utah.edu/the-scope/shows.php?shows=0\\_ziut6aix](https://healthcare.utah.edu/the-scope/shows.php?shows=0_ziut6aix)
- <https://www.who.int/bulletin/volumes/89/3/10-079905/en/>
- <https://www.nhs.uk/live-well/quit-smoking/10-self-help-tips-to-stop-smoking/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2912603/>
- <https://www.who.int/news-room/fact-sheets/detail/road-traffic-injuries>
- <https://www.cdc.gov/stroke/men.htm>
- <https://www.wcrf.org/dietandcancer/cancer-trends/prostate-cancer-statistics>
- <https://www.ourworldindata.org/who-smokes-more-men-or-women>