

Ten Steps for Men To Enjoy a Fuller, Healthier Life



1. Exercise. Physicians universally agree that regular physical exercise can lengthen your life and greatly reduce the risk of mortality from cardiovascular disease, hypertension, osteoporosis and some forms of diabetes and cancer. Two types of exercise must include: aerobic (daily) and strength training (3 times a week).

2. Healthy Nutrition. **Obesity reduces the natural life cycle by nine years.** Men should eat three low-fat, high-fiber meals a day (instead of one large meal in the evening) and maintain adequate hydration. The American Academy of Nutrition and Dietetics has created a scientifically-based food and nutrition section on its website created specifically for men.

3. A Healthy Balance of Work and Relaxation. Men should schedule breaks in their work day, especially if desk bound. To reduce stress, improve cardiovascular health and slow osteoporosis, try 10 minute walks, three times a day before or after work and meals.

4. Sexual Health. The first three steps here are integral to this one. Conditions such as erectile dysfunction often signal other, more pressing, problems such as cardiovascular disease. Sexual health issues are medical problems. Talk with your physician.

5. Cardiovascular Health. Heart disease is the number one killer of men and women in the U.S. **Maintain a current lipid profile** and monitor degrees of your “good” and “bad” cholesterol. Keep your blood pressure in check and have your heart checked regularly.

6. Know the Signs of Diabetes. Type-2 diabetes is growing at a faster rate due to the nation's aging demographics and obesity epidemic. Know your diabetes ABCs – A1C; blood pressure; and cholesterol. *Diabetes also can accelerate the path of other diseases in the system* including blindness, kidney problems and nerve damage.

7. Don't Smoke or Use Smokeless Tobacco. **Smoking is the leading preventable cause of death in the U.S.** Five of the leading causes of death for men are from smoking and tobacco products: heart attack, stroke, cancer, emphysema and pneumonia. Cigarette smoking accounts for approximately 30 percent of all cancer deaths. Avoiding tobacco use is the single most important step Americans can take to reduce the cancer burden in the U.S.

8. Prostate Health. The prostate increases in size as a man ages. Monitor your urine patterns and if pain, hesitation and/or reduced sexual drive are prevalent, report these to your physician. *Screening PSA at age 40 is recommended.* Men with an increased risk and family history of prostate cancer should be followed very closely.

9. Colon Cancer. *Colon cancer is the fourth leading cause of cancer death.* 80 percent of all colon cancer cases can be prevented with regular screenings. All men over 50 are vulnerable; screening colonoscopy at age 50 is recommended. Recent studies show that a healthy diet, accented with fish and other seafood, helps reduce the chances of colon cancer.

10. Take Medication Wisely. Read the labels, follow the instructions and remind your doctor or pharmacist about any other medicines or supplements you are taking that could interact with your medication. Carry a current list of medications and dosages in your wallet.