



Brought to you by the Holy Family Health Ministry

June is Men's Health Awareness Month

Men Your Health Matters! Note these disturbing statistics!!



Life expectancy at birth for males was 75.1 years in the first half of 2020, compared to 80.5 years for women.



Heart disease is the leading cause of death among men in the US. On average, men develop health disease 10 years earlier than women.

ONE PERSON DIES FROM HEART DISEASE EVERY 36 SECONDS

DID YOU KNOW?

Men are more likely to get kidney stones compared to women.



Men are almost twice as likely to develop type 2 diabetes as women

CANCER

Lung
Colorectal
Prostate
Testicular



It was estimated that these cancers account for 43% of all cancer diagnosed in men in 2020

Want to see these stats change?

- On average, men live about 5 years less than their female counterparts
- Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide
- 1 in 2 men will develop cancer in their lifetime
- Men make ½ as many physician visits for prevention as women

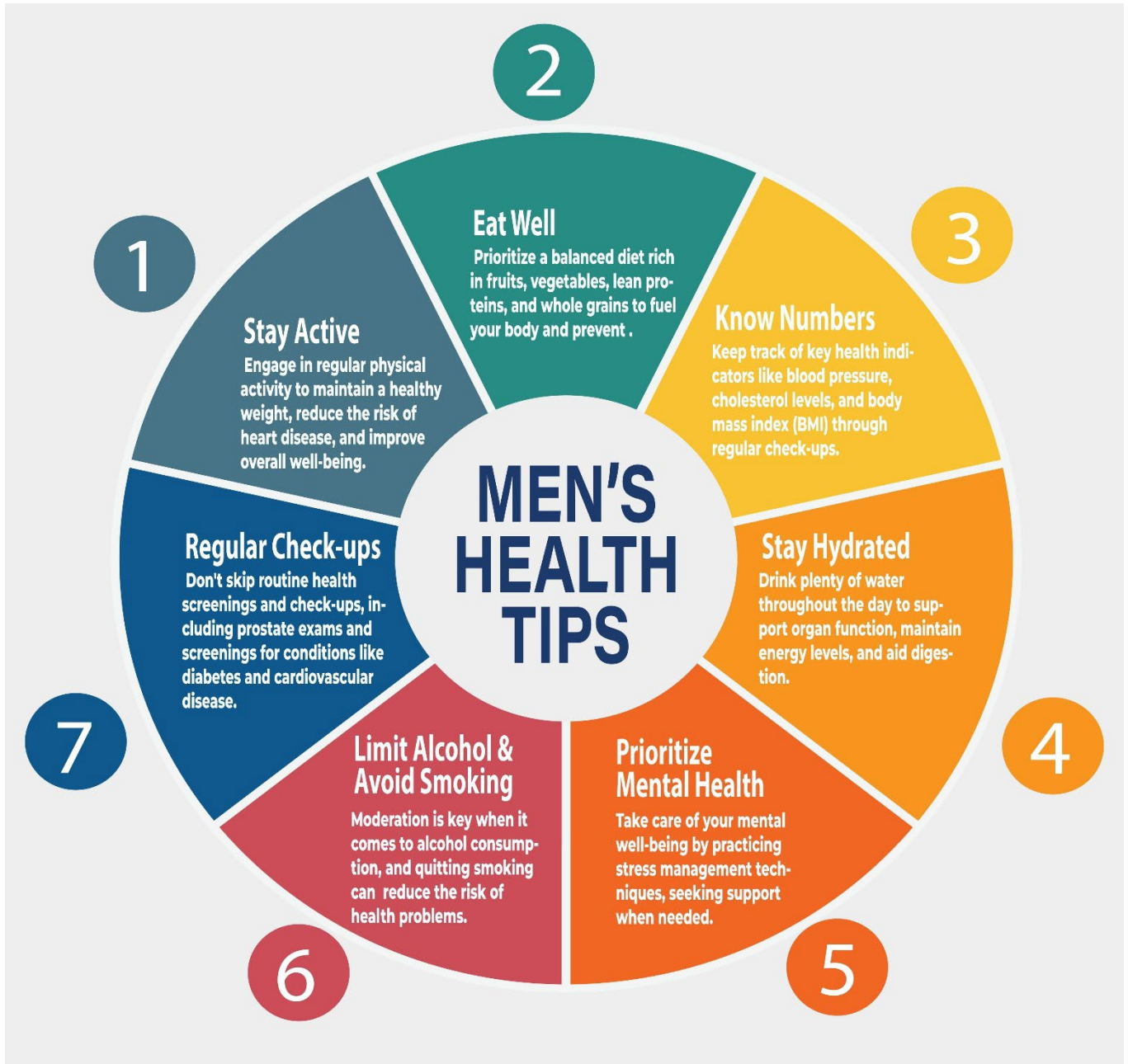
My son, be attentive to my words; incline your ear to my sayings. Let them not escape from your sight; keep them within your heart. For they are life to those who find them, and healing to all their flesh. Proverbs 4:20-22



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Men: Following these tips can improve your health outcomes



Some Online Resources:

Men's Health Month: menshealthmonth.org; Men's Health Network: menshealthnetwork.org
Get It Checked: getitchecked.com; Talking About Men's Health Blog: talkingaboutmenshealth.com
Women Against Prostate Cancer: womenagainstoprostatecancer.org

Sources: <https://www.fhpc.com/fhpc-news/2024/june/men-s-health-awareness-month-take-charge-of-your/> ; <https://www.hnl.com/resources/blog/men-s-health-month>

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