

MEN'S HEALTH TOOLKIT

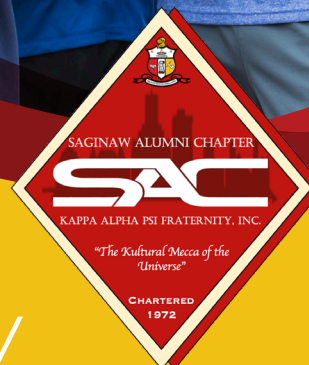
It's Time to Get Serious. Make Your Health a Priority

- On average, American men live sicker and die younger than American women, creating what is called the "silent health crisis." (*Men's Health Network*)
- Men die at higher rates than women from 9 of the top 10 causes of death. (*BLS*)
- Men, on average, die almost five years earlier than women. (*CDC*)
- Women are 100% more likely than men to visit the doctor for annual check-ups and prevention. (*CDC*)
- Men are 4x as likely to die by suicide than women, often because of undiagnosed depression. (*CDC*)
- The chance of being a homicide victim place African American men at unusually high risk – 1 in 30 for black males, 1 in 179 for white males.



HEALTHY
HM MEN inc.

BWELL  Saginaw



PROTECT YOUR HEALTH: UNDERSTAND THE RISKS

Top 10 Silent Killers You Need to Know

Empower yourself with knowledge and take control of your health.

HEART DISEASE

- 1** **What it is:** A range of heart conditions, often due to high blood pressure and cholesterol.
- What you can do:** Eat heart-healthy foods, stay active, manage your weight, monitor your blood pressure regularly, and have a conversation with your healthcare provider.

CANCER

- 2** **What it is:** Uncontrolled growth of abnormal cells, with prostate and lung cancer being most common.
- What you can do:** Get regular screenings, avoid smoking, and maintain a healthy diet.

UNINTENTIONAL INJURIES

- 3** **What it is:** Accidental deaths, including motor vehicle accidents and falls.
- What you can do:** Wear your seat belt, avoid risky behaviors, and stay alert.

CHRONIC LOWER RESPIRATORY DISEASES

- 4** **What it is:** Lung conditions like COPD and asthma, often worsened by smoking or air pollution.
- What you can do:** Quit smoking, avoid pollutants, and get lung function tests.

STROKE

- 5** **What it is:** A sudden disruption in blood flow to the brain.
- What you can do:** Control your blood pressure and cholesterol, manage diabetes, and stay physically active.

DIABETES

- 6** **What it is:** A disease where the body struggles to regulate blood sugar.
- What you can do:** Maintain a healthy diet, monitor blood sugar levels, take your meds (if prescribed) and exercise regularly.

KIDNEY DISEASE

- 7** **What it is:** Damaged kidneys can't filter blood properly, often linked to diabetes and high blood pressure.
- What you can do:** Stay hydrated, limit salt, and monitor your blood pressure and sugar levels.

LIVER DISEASE

- 8** **What it is:** Conditions like cirrhosis that damage liver function, often linked to alcohol or obesity.
- What you can do:** Drink alcohol in moderation, eat a healthy diet, and get regular checkups.

SUICIDE & HOMICIDE

- 9** **What it is:** Violence and mental health disproportionately affects men of color.
- What you can do:** Support safe communities, seek conflict resolution and suicide prevention resources, and advocate for justice.

HIV/AIDS

- 10** **What it is:** A virus that weakens the immune system.
- What you can do:** Use protection during sex, get tested regularly, and seek treatment if needed.

**SMALL STEPS TODAY CAN
PROTECT YOUR FUTURE.**

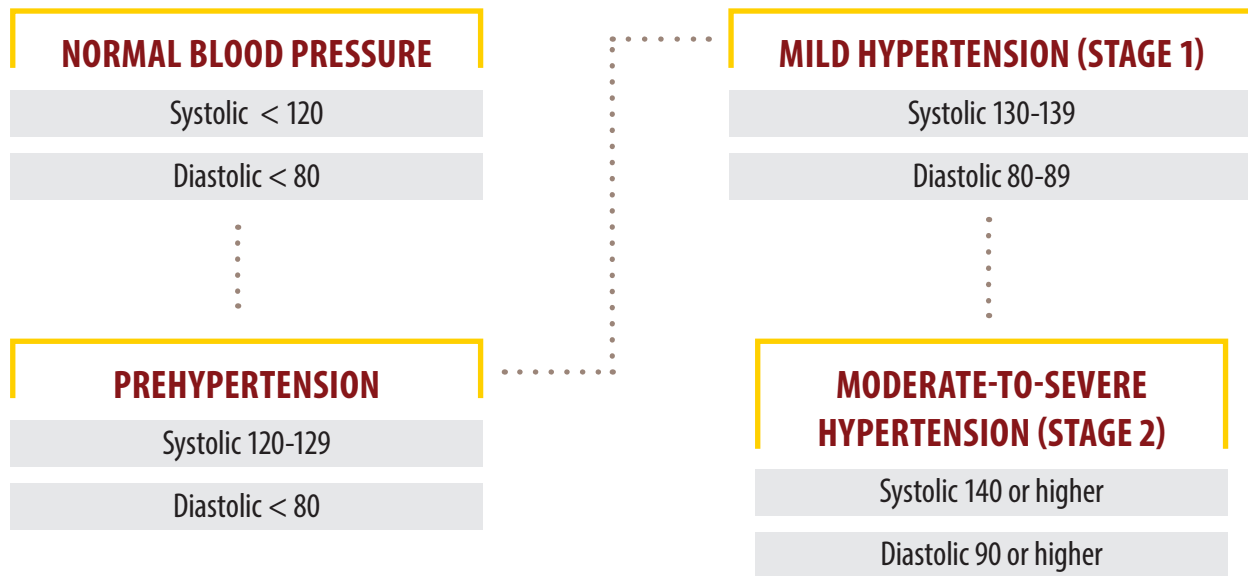
Have a primary care provider, see and talk to him or her regularly, schedule check-ups and regular screenings, and adopt healthier habits. **Your health matters!**

KNOW YOUR NUMBERS: BLOOD PRESSURE

This is determined by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower the arteries, the higher your blood pressure.

Every time you visit your healthcare provider, they take your vital signs, including blood pressure, and record the numbers in your electronic medical records (i.e. MyChart). You can also get your blood pressure taken at many pharmacies and at the Saginaw County Health Department. These numbers provide a snapshot of your health. Are they within normal range? Do you need to follow up with your provider?

Blood Press Ranges (systolic/diastolic)



A blood pressure less than 130/80 should be the goal for healthy adults, as well as people with chronic kidney disease, diabetes or coronary artery disease. **A healthy lifestyle, or a healthy lifestyle along with medication can bring it under control and reduce your risk of life-threatening complications.**

KNOW YOUR NUMBERS: CHOLESTEROL

Cholesterol is a fatty substance essential for various body functions, but high levels can lead to health problems.

To find out your total cholesterol, your doctor will send you to a lab for a **blood test** called a **lipid panel** or **lipid profile**. This test measures the different types of fats in your blood, including:

1. **LDL (Low-Density Lipoprotein)** – the “bad” cholesterol.
2. **HDL (High-Density Lipoprotein)** – the “good” cholesterol.
3. **Triglycerides** – another type of fat in your blood.

The total cholesterol number gives your doctor and you a general indication of your risk for heart disease.

- **Desirable:** Less than 200 mg/dL
- **Borderline high:** 200–239 mg/dL
- **High:** 240 mg/dL or higher

However, doctors focus on the balance between LDL and HDL, as well as other risk factors, when assessing heart disease risk.

Lowering cholesterol can often be achieved with simple lifestyle changes. Here's how:

EAT A HEALTHY DIET:

1

- Focus on foods high in **fiber** (like fruits, vegetables, whole grains) and **healthy fats** (like nuts, seeds, and olive oil).
- Avoid **saturated fats** (found in red meat and full-fat dairy) and **trans fats** (found in fried and processed foods), as these raise LDL (bad cholesterol).

QUIT SMOKING:

4

- Stopping smoking improves HDL cholesterol and benefits overall heart health.

EXERCISE REGULARLY:

2

- Aim for **at least 30 minutes of physical activity** most days of the week. Exercise helps raise HDL (good cholesterol) and lower LDL.

LIMIT ALCOHOL:

5

- Drinking alcohol in moderation (if at all) can help keep cholesterol in check. For men, that's up to 2 drinks a day, and for women, up to 1 drink.

LOSE WEIGHT:

3

- If you're overweight, even losing a small amount of weight can help reduce cholesterol levels.

If lifestyle changes aren't enough, a doctor might prescribe **medication** to help lower cholesterol further.

KNOW YOUR NUMBERS: WEIGHT & BODY MASS INDEX

Body Mass Index (BMI) is a quick way to understand if your weight is healthy for your height. It's a number that helps you see if you might need to gain, lose, or maintain your weight for better health.

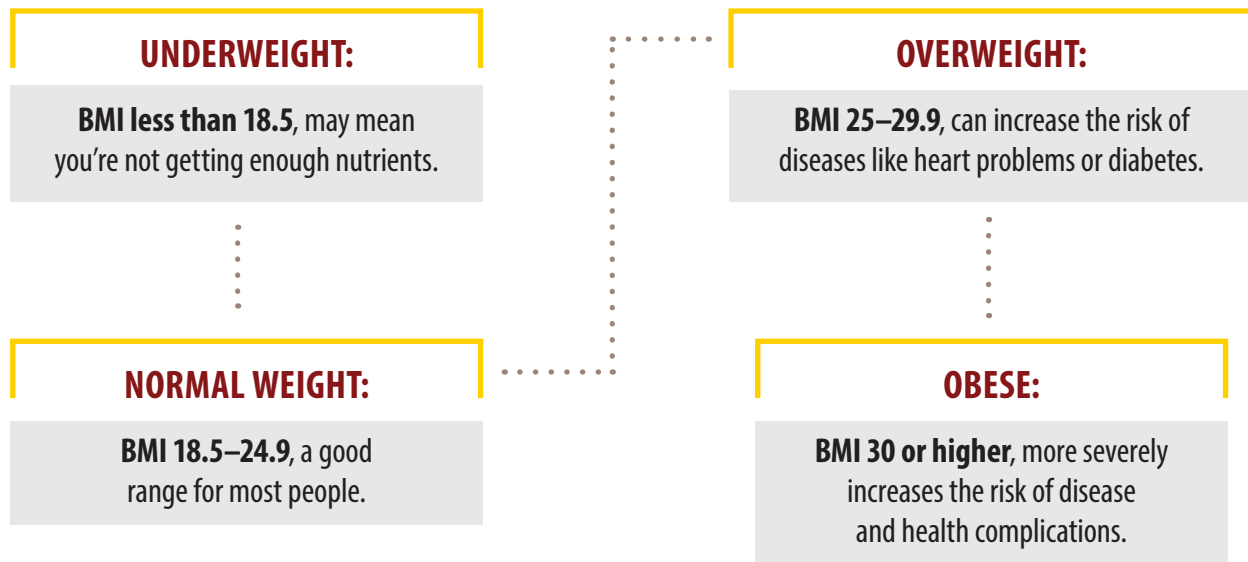
HOW IS IT CALCULATED?

- BMI is based on your height and weight. You don't need to do the math – your doctor or an [online calculator](#) can do it for you.

WHY IS IT IMPORTANT?

- BMI helps you understand your risk for health issues like heart disease, diabetes, and high blood pressure. If your BMI is too high or too low, it might be a sign that your weight is affecting your health.

BMI Categories:



Remember, although BMI is a useful tool, it does not measure body fat directly nor account for factors like muscle mass. Body shapes and healthy weights vary across cultures. BMI is a guide. So is waist circumference. **Always talk to a healthcare professional for a full picture of your health.**

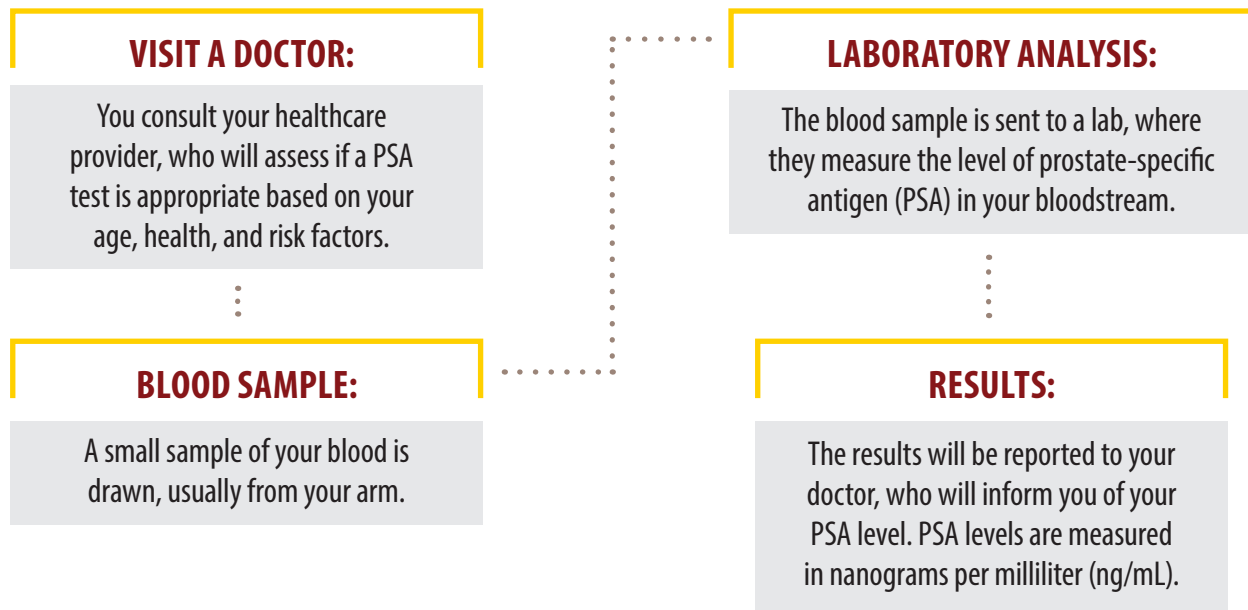
KNOW YOUR NUMBERS: PROSTATE

A PSA (Prostate-Specific Antigen) test is a blood test used to help detect prostate issues, including prostate cancer. PSA is a protein produced by the prostate gland, and normally, small amounts of it are found in the bloodstream. However, higher levels of PSA can be a sign of prostate problems, such as:

- **Prostate cancer**
- **Enlarged prostate (benign prostatic hyperplasia or BPH)**
- **Prostate infection or inflammation**

It's important to note that high PSA levels don't always mean cancer, and other factors like age and medical conditions can influence PSA levels. Doctors often use PSA tests alongside other exams to assess prostate health.

You can find out your PSA number by having a PSA blood test done. Here's how it works:



Based on your PSA number and other factors (like age and family history), your doctor will interpret the result and discuss if any further testing or action is needed. Generally:

- **Below 4 ng/mL** is considered normal.
- **4 to 10 ng/mL** is a borderline range, often called "gray zone."
- **Above 10 ng/mL** could indicate a higher risk of prostate problems, including cancer.

However, age and other conditions may affect what's normal for you.

HEALTHY EATING TO FUEL YOUR LIFE

Men often sit a LOT, eat a LOT, weigh a LOT, and die a LOT younger than the women they love. Good news is you can impact your health a LOT by making little changes. Your healthy eating plan should be balanced and sustainable, providing all the essential nutrients to “fuel your engine” for a healthier life.

FOCUS ON MACRONUTRIENTS

1

- **Protein:** Aim for lean sources like chicken, turkey, fish, eggs, tofu, beans, and legumes. Men typically need around 0.8–1.2 grams of protein per pound of body weight, depending on activity level.
- **Carbohydrates:** Opt for whole grains like brown rice, quinoa, oats, and sweet potatoes. Include plenty of vegetables and fruits for fiber and essential nutrients.
- **Healthy Fats:** Include sources like avocados, nuts, seeds, olive oil, and fatty fish (like salmon). Limit saturated and trans fats from fried or processed foods.

EAT REAL FOOD

2

Rather than focusing on “bad” or “good” food, think about eating “real” food over “processed” food to fuel your stronger and more resilient body. Eat foods in their most natural and original state where they are minimally processed with chemicals, preservatives and artificial colorings.

- **Energy and Strength:** Real foods like meats, nuts, fruits, vegetables, and eggs provide nutrients to fuel your day with sustained energy and improved endurance. Processed foods like chips, frozen pizzas, donuts, soda and fast food – often high in chemicals, sugar, salt and unhealthy fats – can leave you feeling sluggish, lacking focus. It’s like fueling a sports car with low-grade gas.
- **Muscle Building:** Nutrient-dense foods support muscle growth and recovery, while processed foods may hinder progress by causing inflammation.
- **Heart Health and Longevity:** Real foods are rich in fiber, vitamins, and minerals to help reduce the risk of heart disease and improve your long-term health.

SIMPLE SWAPS TO BUILD A HEALTHIER BODY

3

- Drink water over soda.
- Choose nuts or veggie sticks over chips.
- Dig into oatmeal or eggs rather than sugary cereals or donuts.
- Swap whole grain bread or wraps for white bread.
- Prepare whole wheat or veggie pasta before white pasta.
- Choose to cook with avocado or olive oil rather than butter.

Key Tips

- **Hydration:** Drink plenty of water throughout the day. Aim for at least 8 cups (64 oz), or more if you’re active.
- **Meal Timing:** Eat 3 main meals and 1–2 snacks to keep energy levels steady.
- **Portion Control:** Stop the “super sizing.” Be mindful of portion sizes to avoid overeating, especially with calorie-dense foods like fats.
- **Get Moving:** Choose activities you like to do. If finding time is an issue, break your exercise up into 10-15 minutes exercise “snacks” throughout the day. Stay active in the winter – play with your kids.
- **Moderation:** Don’t restrict any food group, just exercise moderation. Know the difference between a “treat” and a “habit.”

Adopting just a few of these strategies can add year to your life and life to your years.

Be sure to talk to your doctor about your goals and how they can impact your health!