

June 20, 2014



Share the Wellness Tip

Man Up For Better Health

Men are 24 percent less likely than women to have visited a doctor within the past year, are 28 percent more likely than women to be hospitalized for congestive heart failure, and are 32 percent more likely than women to be hospitalized for long-term complications from diabetes. As a result of these factors and other health issues, the average woman outlives the average man by more than five years.

Part of the reason for this health gap is that men often don't take care of themselves as well as women do. Men are more likely to engage in unhealthy behavior, and less likely than women to adopt preventive health measures. They are also more likely to work in dangerous occupations, and often put off going to the doctor even when they really should go. As a result, men die younger – and in greater numbers – of heart disease, stroke, cancer, diabetes and many other diseases.

But it doesn't have to be this way. More than half of these premature deaths are preventable, along with about 60 percent of chronic diseases, and most injuries and accidents. Prevention is the key. Most life-threatening illnesses, including cancer, heart disease and diabetes, can be treated or cured if they're caught early. Develop a relationship with your doctor so you can feel comfortable asking questions. Schedule regular check-ups and help to improve the quality and length of your life by:

- Eating a varied diet, rich in fruits, vegetables, whole grains and low-fat foods.
- Limiting cholesterol intake and avoid saturated fats.
- Moderate exercise for 30 minutes five times a week or vigorous exercise for 20 minutes three times a week.
- Protecting yourself from the sun.
- Knowing your family history and discuss it with your doctor.
- Wearing a seatbelt whenever you're in the car and a helmet when on a motorcycle or bicycle.
- Managing your stress.
- Getting help if you need it

Sources: Men's Health Network; Agency for Healthcare Research and Quality

Take steps
to lower
your risk of
Heart Disease
Cancer
Stroke
COPD



UPMC HEALTH PLAN