



MEN'S HEALTH MONTH

EAT HEALTHY AND GET ACTIVE

A healthy eating routine and regular physical activity may help control your:

- Blood pressure
- Cholesterol
- Blood sugar
- Weight

By keeping these numbers in a healthy range, you may lower your risk of serious health problems like type 2 diabetes and heart disease.

SMALL CHANGES

Small changes can add up to big results— like lowering your risk of type 2 diabetes or heart disease. Here are some examples of small changes you can make:

- Take a walk instead of watching TV
- Try a green salad instead of fries
- Drink water instead of soda or other sugary drinks

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PREVENTIVE CARE

Depending on your age and medical history, you may need to be screened (tested) for things like:

- Certain types of cancer
- High blood pressure or high cholesterol
- Diabetes
- Mental health conditions, like depression

COLORECTAL CANCER SCREENING

If you're age 45 to 75, get screened regularly for colorectal cancer. Several screening tests are available. Some can be done at home, and others at a doctor's office. Talk to your doctor about which test is right for you.

LUNG CANCER SCREENING

The United States Preventive Services Taskforce, a group of experts, recommends yearly lung cancer screening with low-dose computer tomography (LDCT) for people who are 50 to 80 years old, have a history of heavy smoking and currently smoke or have quit within the past 15 years.

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