

## **Recognizing Men's Health Month: Action for Wellness**

June is Men's Health Month, a timely national observance to prioritize health and wellness by raising awareness about preventable conditions, encouraging taking steps toward a healthier lifestyle, and promoting early detection and treatment of conditions that mostly affect males.

According to [statistics](#), males are less likely to see a doctor and more likely to participate in risky behaviors, resulting in a higher prevalence of serious health conditions.

Men's Health Month focuses on several key areas:

- **Heart Health:** Heart disease is the leading cause of death among males. Promoting cardiovascular health through regular exercise, a balanced diet, and routine check-ups is essential.
- **Cancer Awareness:** Prostate, lung, and colorectal cancers are also major health concerns. Men's Health Month encourages regular screenings and awareness of early warning signs.
- **Mental Health:** Men are often less likely to seek help for mental health issues, which leads to higher rates of depression and suicide. Breaking the stigma and promoting mental health are critical steps.
- **Chronic Conditions:** Diabetes and hypertension are prevalent among men. Men's Health Month promotes the importance of learning how to prevent and manage chronic diseases.

### **Advocates can help by encouraging a comprehensive approach to well-being**

- **Routine medical visits:** Regular doctor visits for [preventive care and early detection](#) can significantly improve health outcomes.
- **Healthy lifestyle choices:** Encourage a healthy diet and physical activity.
- **Mental health support:** Promoting open discussions about mental health and ensuring people have access to the services and resources they need.
- **Avoiding risky behaviors:** Reducing smoking, excessive alcohol consumption, and unsafe practices can greatly enhance health and longevity.

Men's Health Month has an influence beyond individual health; it also promotes community and family well-being. By taking action, men can set a good example and motivate those around them to prioritize their health as well. As June begins, let's support making health a priority by encouraging men to take steps toward a healthier future.

References:

[Five Things to Discuss with Your Doctor This Men's Health Awareness Month](#)

[Mars vs. Venus: The gender gap in health](#)

[Men's Health Month: Five things to know](#)

[Reminding men of the importance of screenings during Men's Health Month](#)

[U.S. Preventive Health Services Task Force Recommendations](#)