

A MAN'S WEALTH IS HIS HEALTH

In years gone by, men were taught not to cry, to be real men by pushing through mental and physical-health issues without consulting a professional, and to keep their emotions and feelings in check. It's possible that these traditional masculine responses to adversity may have resulted in some of these sobering statistics:

- On average, men are dying five years younger than women
- Men lead nine out of 10 of the top causes of death
- Men are at greater risk of death in all age groups
- More males than females are born (105 vs 100), but by the age of 35, women outnumber men
- Men have a higher rate of death by suicide than women
- Men account for over 90% of fatal workplace injuries
- Men are more likely to be uninsured compared to women

Let go of perfectionism. When you work from home, you may feel compelled to keep the house spotless. Rather put a chore list together, so the load is shared. If you don't get to clean the floors every day, don't sweat it. Every second day – or even every third – is perfectly fine.

Go for an annual check-up with your general practitioner:

Set a month every year for your check-up.
Make it a routine.

Do the important screenings:

All adult men should be screened for abdominal aortic aneurysm, blood pressure, colorectal cancer, diabetes Type 2 and lipid disorders at least once a year, even if you're feeling healthy. If you have a family history of other chronic conditions or diseases, you should be screened for those too.



Check your eating (and drinking) habits:

As you get older, your nutritional needs change. After the age of 60, you should be taking in more calcium, vitamin D, fibre and potassium. If you're carrying extra weight, focus on consuming fewer kilojoules. Fill your diet with more wholesome, fresh fruit and vegetables, and less red meat, sugars and unhealthy fats. Keep your alcohol intake to a minimum.

Be active:

Before you start any physical activity, get the go-ahead from your general practitioner. A general guideline is 30 minutes of exercise five days a week, but this will depend on your unique physical limitations.

Use sunscreen regularly:

In 2021, new research highlighted an increase in melanoma cases among men between the ages of 15 and 39. This can easily be remedied through the regular application of sunscreen.

Be aware of your mental health:

Men appear not to be as open to speaking to a professional about their mental health as women. If you're feeling low, depressed, anxious or stressed for extended periods of time, speak to a mental-health practitioner. Don't bottle it in.



If you or your loved one needs support during this time, reach out to your ICAS EAP via your toll-free number to seek counselling support.

Visit us online

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References:

<https://menshealthmonth.org/mens-health-month-toolkit>
<https://www.talkingaboutmenshealth.com/>
<https://www.unicityhealthcare.com/mens-health-month-bringing-awareness-mens-health-issues-month-june/>
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