



A Focus on Men's Health

Take time to focus on your health and making healthy decisions. According to [Brown University Health](#), men are less likely than women to seek preventative care. They are also more likely not to have a primary care provider. Without a primary care provider, men are missing out on having their medical, surgical, and familial history reviewed along with important preventative care and health risk screenings.

While everyone will have different needs, Brown recommends these common screenings:

- **For men ages 18-39**-An annual wellness visit to establish a baseline for health monitoring which would include a physical exam and metabolic screenings.
- **For men ages 40-65**-In addition to the above, other screenings may be done for any presenting health concerns plus cardiovascular health, prostate, colon, lung, and skin screenings.
- **For men ages 65+**-Men should discuss any concerns with their doctor. Lifestyle changes may be suggested to live life to the fullest. Your provider will determine if its time to look for osteoporosis, or if you need a fall risk assessment.

The Federal Employee Education and Assistance Organization notes that maintaining physical health is important for men but so is maintaining good mental health. Research indicates that men

are less likely to seek help for mental concerns or issues. A recent study published in JAMA Psychiatry noted that men who do not report depression are more likely to develop heart disease. To check out the FEEA's 7 tips to take charge of your well being, [click here](#).

According to Brown University, men are also more likely to suffer “deaths of despair”, alcoholism, overdose, and suicide because of their reluctance to seek help. Assessments can help recognize signs of depression or a mental health crisis.

Support systems are also very important for men’s health, as most men are experiencing increased feelings of loneliness and isolation. Feeling lonely and alone can increase the risk of heart disease, dementia, stroke, depression, and anxiety. By creating a support network and fostering community, men can build systems that encourage them to make healthy choices and bolster others to do the same. Prioritizing one's health means men can make the most out of their lives and ministry.