

# Focus on Men's *Health*

## Did you know that the life expectancy for men is almost universally *shorter* than it is for women?

Generally, the gap is 5 years, although in some developed countries it's as high as 15 years.

Health care experts cite several reasons for this:

- Lack of awareness of the health issues men face
- Reluctance to openly discuss health and wellness issues
- Reluctance to seek help when feeling physically or mentally unwell
- Engaging in risky, health-adverse activities
- Stigma about mental health and weakness
- Aversion to seeking medical treatment and routine care

With that in mind, the following resources can help men take a closer look at their overall health and well-being.



### 1 SELF-CARE: AN OFTEN-MISSED MEN'S HEALTH NEED

One component of men's health that hasn't always been in the spotlight: self-care. All it really means is that men need to take time to take care of their overall well-being—physical, mental and emotional. [Download PDF](#)

### 2 A QUICK CHECKUP

Men are nearly 25 percent less likely to have seen a doctor in the past year than women. This flyer explains why routine checkups are vital to men's health. [Download PDF](#)

### 3 WHAT IS PROSTATE CANCER?

Prostate cancer is among the most common types of cancer diagnoses in men across the globe. This article explains. [Download PDF](#)

### 4 PREVENTATIVE SCREENINGS SAVE LIVES

Regular preventive health screenings are among the best ways to guard your good health and ensure that small concerns are treated before they become serious issues. [Download PDF](#)

### 5 CUTTING BACK ON ALCOHOL

If you're feeling the need to cut back on your drinking, this brief article can help. [Download PDF](#)

### 6 HEALTH RISKS OF LONELINESS

Recent studies have shown that adult loneliness can have as detrimental an effect on health as smoking and other well-known risk factors. [Download PDF](#)

### 7 WHAT IS TESTICULAR CANCER?

Testicular cancer is one of the most common cancers in men ages 15 to 35. This article explains signs, symptoms and treatment. [Download PDF](#)

### 8 SUICIDE AWARENESS

Every year millions of people worldwide die as a result of suicide. In fact, suicide is the second-leading cause of death among those 15-29 years old globally. Men are almost four times more likely to fall victim to suicide. [Download PDF](#)

### 9 PREVENTING CORONARY ARTERY DISEASE

Sometimes referred to as coronary heart disease or ischemic heart disease, coronary artery disease (CAD) is among the most common types of heart disease and is especially prevalent among men. For some people, a heart attack is the first sign of CAD. [Download PDF](#)



**Call:**  
**App:** GuidanceNow<sup>SM</sup>  
**Online:** [guidanceresources.com](https://guidanceresources.com)

**TRS:** Dial 711  
**Web ID:**

➔  
Scan for more  
resources

