

## Men's Health Tips for Movember

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November is Movember! In what began as a 2004 Australian charity event to raise awareness Movember involves the growing of moustaches during the month of November to raise awareness of Men's Health issues, such as prostate cancer, testicular cancer, men's depression and suicide. The name "Movember" is a combination of the Australian-English term for mustache, "mo",

and "November. This month-long campaign focuses on highlighting various health issues affecting the male community world-wide.

Many of people tend to take their health for granted, and men, in particular, may avoid going to the doctor and ignore symptoms when they occur. Men are more likely to skip recommended medical check-ups or may avoid going to the doctor all together. Dr. Steven Lamm, medical director of NYU Langone's Preston Robert Tisch Center for Men's Health suggests that many men "might not see another doctor after their pediatricians until they are in their 50s or 60s." It is imperative that men of all ages receive regular comprehensive physicals to maintain their overall health.

According to the Mayo Clinic, heart disease, which is the leading cause of death among men in the U.S. and cancer top the list of biggest threats to men's health; along with injury, lung disease, stroke and diabetes. The following tips are suggested for men to practice preventative care and to encourage optimal good-health practices throughout your lifetime.

1. **Find a doctor.** One that is well-qualified and that you are comfortable with discussing your health and well-being.
2. **Don't ignore symptoms.** See your doctor or medical professional even if you think nothing of the symptoms that are troubling you.
3. **Get routine medical check-ups and ask your provider about preventative screenings.** Routine medical check-ups and preventative screenings offer several key benefits for men including early detection, preventative care, ongoing health monitoring and peace of mind. Regular check-ups can significantly improve long-term health outcomes and quality of life.
4. **Become knowledgeable about your health.** Be aware of any conditions you may have, however, don't self-diagnose—leave that to your doctor.
5. **Hydrate, hydrate, hydrate!** Getting enough water is an essential part of maintaining a healthy lifestyle and helps to slow the aging process.

6. **Avoid overexposure to sun.** Men over 50 are prone to an increase in skin cancer, especially melanoma. Make sure to use sun protection. SPR 30 or higher is usually recommended.
7. **Keep it moving.** Add physical activity to your routine whenever you can. Whether a short walk or a trip to the gym, do what works best for you. When working out, integrate new forms of physical activity such as weight training, aerobics, and stretching.
8. **Eat healthy.** Healthy choices such as chicken, fish, vegetables, fruits, and nuts make a big difference. You can cheat every now and then, don't deprive yourself of a small sweet, but stick closely to your healthy eating regimen.
9. **Maintain a healthy waist.** A growing waistline, if not monitored can lead to Type 2 diabetes, heart disease, and stroke.
10. **Get your sleep.** Probably the number one factor confronting men with respect to health issues is lack of sleep. Remember, to get at least 7 hours of uninterrupted sleep. Your body is a powerful machine which needs maintenance and rest.
11. **Do a mental health check.** Monitor your mental health. Both anxiety and depression can cause a major breakdown regarding your overall health. Remember to seek professional help if you are having difficulty coping or feeling mentally overwhelmed.
12. **Socialize.** Increasing social interaction and nurturing new relationships, is a key factor in maintaining both mental and physical health.