



## HEALTHY LIFESTYLE

# BE MAN ENOUGH TO CHANGE YOUR BEHAVIOUR

**Many of the leading causes of death within male population groups can be prevented, which is why from the 10th - 16th June the world celebrates Men's Health Week, bringing awareness to health issues that affect men more prominently.**

According to the Centers for Disease Control and Prevention (CDC), the top causes of death amongst adult men are:

- heart disease
- cancer
- unintentional injuries
- chronic lower respiratory disease
- stroke
- motor vehicle accidents
- and suicide.

What's more, statistics from the CDC show that men are less likely than women to go see a doctor and will often ignore symptoms that indicate there may be a problem. Alas, trying act brave or hoping that signs of distress will resolve on their own may not be the best call. On the other hand, doing your best to stay healthy can help to provide security for your family and loved ones.

Taking advice from the Mayo Clinic, here's what you need to know to live a longer, healthier life.

- Ditch smoking – if you are a smoker, speak to your doctor about ways to quit.
- Make sure you're eating well – including a variety of fruits, vegetables and wholegrains in your diet and limiting foods high in saturated fat, salt and sugar.

- Watch your weight – if you know you're carrying a few extra kilos, especially around the belly area, it's time to get moving more. Aim for doing at least half an hour a day of moderate activity, choosing activities that you enjoy, whether tennis, martial arts or going for a brisk walk.
- If you enjoy your drink, make sure you do so in moderation and know your limits. Research shows that too much alcohol can raise blood pressure, putting you at risk of heart disease and stroke. It also appears to increase your risk of cancer. Find a support group should you feel, or if others notice that your drinking is a problem.
- Learn to manage stress – if you constantly feel under pressure it can have a harmful effect on your immune system making you more susceptible to illness. Find healthy ways to release stress, such as going to the gym, playing sports or meditating.
- Stop avoiding the doctor – don't wait until something is seriously wrong before making an appointment to see a doctor. If you know you have health issues such as high blood pressure, high cholesterol or diabetes, make sure to follow treatment recommendations. The same goes for going to see a therapist should you be suffering from symptoms of depression or anxiety. Don't wait until it's too late.

Understanding your health risks is one thing. But having the courage to make lifestyle changes is what really counts. A healthy man is surely a better man.