

HEY MAN, IS YOUR HEALTH IN CHECK?



WOMEN ARE 100% MORE LIKELY

TO VISIT A DOCTOR FOR ANNUAL EXAMINATIONS AND PREVENTATIVE SERVICES THAN MEN.

PROSTATE CANCER

IS THE MOST COMMON CANCER AMONG MEN. AFRICAN AMERICAN MEN ARE AT THE GREATEST RISK.



34.5% OF MEN

20 YEARS AND OLDER ARE OBESE.

LEADING CAUSES OF DEATH AMONG MEN:

ACCIDENTS (UNINTENTIONAL INJURIES), HEART DISEASE AND CANCER.



1 IN 2 MEN

IS DIAGNOSED WITH CANCER AT SOME POINT IN HIS LIFETIME.

13 MILLION

AMERICAN MEN HAVE DIABETES.

BY THE AGE OF 100,

WOMEN OUTNUMBER MEN EIGHT TO ONE.

1 IN 4 MEN

BETWEEN 25 AND 44 SMOKE CIGARETTES.

WHAT CAN YOU DO?



EAT HEALTHY



GET ACTIVE



SEE YOUR DOCTOR REGULARLY



SLEEP 7-8 HOURS PER NIGHT

FSP | The Family Security Plan®

Sources: The Centers for Disease Control and Prevention; hopkinsmedicine.org; menshealthmonth.org; New York Times Magazine