



**TIPS**  
FOR BETTER HEALTH

## ESPECIALLY FOR MEN: 10 TIPS TO MAKE YOU A HEALTHIER MAN

### 1. STOP SMOKING

Don't be discouraged if you've tried to quit. Smokers try to quit an average of seven times before finally succeeding, but it's well worth the effort. Cancer, hypertension, stroke, and emphysema are only a few of the health conditions brought on by tobacco use. Smoking has been linked to problems with fertility and sexual performance. In addition, men who smoke have a more rapid mental decline as they age. If you can't quit on your own, or by using over-the-counter aids (such as gum or lozenges), look into smoking cessation classes that can help with behavior modification.

### 2. MANAGE YOUR WEIGHT

Losing weight is more than a vanity project: It's an essential step to better health. Belly fat, in particular, can increase your risk for a long list of health issues. Overweight, middle-aged men tend to have a higher risk of heart problems and strokes and die younger than their thinner peers.

### 3. TAKE CHARGE OF YOUR STRESS

Stress is a physiological response to a threat. Frequent stress can affect the body over time. As stress builds, it can lead to fatigue, poor judgment, and bad decisions. Modern life has many inherent stressors, but there are ways to dial down your stress level. Regular exercise, yoga, and meditation can help. Some men also find speaking with a counselor or therapist to be effective in reducing stress. Where possible, try to avoid situations that make you feel pressured or anxious.



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**4. CHECK YOUR CHOLESTEROL AND BLOOD PRESSURE REGULARLY**

High cholesterol and high blood pressure can lead to heart disease and stroke. What's more, the risk for having high cholesterol can start as early as your 20s and increases with age. High blood pressure risk begins to climb around age 35, but it can also occur in younger men.

**5. PAY ATTENTION TO SLEEP ISSUES**

Many men don't even realize they're not getting enough sleep; they view sleepiness as a sign they must be working hard. The truth is, sleep disorders rob us of energy, focus, and vitality. Both the amount and quality of the sleep you are getting can impact your health. Snoring and sleep apnea (twice as common in men as in women) mean you're not getting enough oxygen, leading to light, restless sleep. Depression can also impact sleep. Talk to your doctor about any sleep issues you may be experiencing.

**6. LOOK INTO YOUR TESTOSTERONE LEVELS**

Testosterone levels fall naturally with age, potentially leading to decreased energy, low sex drive, erectile dysfunction, weight gain, and sad or negative feelings. If these sound like issues you are facing, talk to your doctor about a blood test to measure your testosterone level.

**7. TAKE CARE OF YOUR HEART**

Between 70 to 89 percent of sudden cardiac events occur in men. Since men tend to be more reluctant to have regular medical checkups, signs of cardiovascular risk may go undetected until it's too late. See your physician or a cardiologist to assess your risk.

**8. DON'T IGNORE PROBLEMS WITH URINATION**

As men age, the prostate, which surrounds the urethra, enlarges due to inflammation, causing a variety of urination issues. More than half of men over the age of 60 have prostate problems, which are more manageable when treated early. If you have any problems with urination, see a urologist sooner rather than later. Men over 40 and those at increased risk of prostate cancer should consider having a prostate-specific antigen (PSA) test.

**9. PLAY SAFE**

Every weekend warrior needs a uniform. Whether you're playing sports or working on the house, you can lower your risk of injury by wearing appropriate protective gear. Maintaining a moderate daily exercise routine will also keep you limber and flexible to help prevent injury if you should accidentally overdo it.

**10. HANG OUT WITH FRIENDS**

Men are not usually as physically or emotionally expressive as women, but they also receive important support from friendships. Spending time with a good friend can help you minimize stress and keep depression at bay. Relationships and the value you get from them can have a positive effect on your outlook and health.