



# June Wellness Newsletter

## National Health Observance

Men's Health Awareness Month

National Safety Month

June's health observances are Men's Health Awareness Month and National Safety Month. Check out the following UnitedHealthcare educational resources:

- [Men's Health](#)
- [Prostate Cancer](#)
- [Men's Preventive Health Tips](#)
- [Tips to Prevent Back Pain](#)

### Men's health

Health for men looks a little different compared to women, especially when it comes to risk factors for certain health conditions. Thanks to new advancements in screenings and recommendations, technology is helping prevent certain conditions and is keeping more men healthy longer.

The big challenge is making sure men actually make it to their doctor for the checkups and care they need. (You can do it!) In fact, if you're in good health, you may only need to see your doctor once a year for your yearly physical. Lots of important things happen during that time with your doctor, like blood tests, digital rectal exam, blood pressure check and more. Just that one simple visit can help you get and stay on the path to good health. Here, you can explore different topics that may help keep you up-to-date on the latest information on conditions related to men's health and wellness.



### Heart disease in men

There are different types of heart disease, but [coronary heart disease](#) is the most common — and the leading cause of heart attacks in the U.S. Coronary heart disease happens when plaque builds up in the walls of your arteries, making them hard and narrow. This could lead to a blockage and prevent blood from flowing through your arteries like it should. Eventually, it can cause heart attack, stroke and other vascular conditions. Knowing your risk factors and the lifestyle changes you can make to help prevent heart disease could keep you in the clear.

## Health Tip Flier of the Month

Men's Health

Learning about common health topics is one way to help support your health and wellness.

Check out this month's Health Tip Flier on Men's Health.

[English](#) | [Spanish](#)

UnitedHealthcare | Consejo de Salud

## Consejo de salud: Salud masculina

Es importante que los hombres hagan ejercicio, coman sano y se cuiden mentalmente. El treinta y cinco por ciento de los hombres mayores de veinte años se clasifican como obesos. Además, un mayor porcentaje de los hombres (50%) tiene la presión arterial más alta que las mujeres (44%).<sup>1,2</sup>

UnitedHealthcare | Health Tip

### Health tip: Men's health

It is important for men to exercise, eat healthy and take care of themselves mentally. Thirty-five percent of men over the age of twenty are classified as obese. Additionally, a greater percentage of men (50%) have higher blood pressure than women (44%).<sup>1,2</sup>

**Leading causes of death for men**

The leading cause of death for men is heart disease. While this is also the leading cause of death for females, the average is higher for males. The other leading causes of death for men are:

- Cancer
- Unintentional injuries of accidents<sup>3</sup>

**There are many risk factors that impact the health of men**

Some of these include:

- Obesity
- Unhealthy diet
- Lack of exercise
- Smoking
- Drinking alcohol
- Inadequate sleep
- Not seeing a primary care physician on a regular basis for checkups and getting appropriate screenings<sup>4</sup>

**Men & social isolation**

Research has shown that men tend to be more socially isolated than women as they age, even more so if they are single and living alone. It is important for men to stay socially active to reduce the risk of isolation. Ideas for staying socially active include:

- Joining a sports team or coaching a sports team
- Take a class or learn a new skill
- Join a game night
- Do volunteer work<sup>5</sup>

**Men & stress**

Men often suffer greatly from stress, but are more likely to keep it bottled up to protect their image. It is important for men to find healthy ways to manage and reduce stress such as:

- Find support/ talk to a friend or doctor
- Exercise
- Meditation
- Get plenty of sleep
- Connect with your community or faith-based organizations<sup>6</sup>

**Los hombres y el aislamiento social**

Las investigaciones han demostrado que los hombres tienden a estar más aislados socialmente que las mujeres a medida que envejecen, más aún si son solteros y viven solos. Es importante que los hombres se mantengan socialmente activos para reducir el riesgo de aislamiento. Las ideas para mantenerse socialmente activo incluyen lo siguiente:

- Unirse a un equipo deportivo o entrenar un equipo deportivo
- Tomar una clase o aprender una nueva habilidad
- Inscribirse en una noche de juegos
- Hacer trabajo voluntario<sup>5</sup>

**Los hombres y el estrés**

Los hombres a menudo sufren mucho estrés, pero son más propensos a ocultarlo para proteger su imagen. Es importante para los hombres poder encontrar formas saludables de manejar y reducir el estrés, tales como las siguientes:

- Encontrar apoyo o hablar con un amigo o médico
- Hacer ejercicio
- Meditar
- Dormir mucho
- Conectarse con su comunidad u organizaciones religiosas<sup>6</sup>

# United at Work Presentation of the Month


## Men's Health

[Click here](#) for the Men's Health presentation.


Men have specific health recommendations and disease risks. During this presentation, you will learn facts related to men's health, define the leading cause of death among men, and look at risk factors and barriers to men's health. Lastly, you will learn the types of recommended screenings for men.



### Men's Health Questionnaire



Quiz & Answers - English



Quiz & Answers - Spanish




Men's Health

United Healthcare


 [Click here](#) for the entire United at Work catalog.

### Next Month's Preview...




#### Health Observance

Summer Safety  
Dental Health Awareness Month



#### Health Tip Flier of the Month

Healthier Dental Habits



#### United at Work Presentation

Healthier Dental Habits