



Men's Health

Leading causes of death for men are:

- heart disease
- cancer
- unintentional injuries (accidents)
- chronic lower respiratory diseases
- stroke
- diabetes
- suicide
- flu and pneumonia
- kidney disease
- Alzheimer's disease

Many of these illnesses can be prevented. Make a promise today to live a healthy lifestyle. Start by lowering your chances of developing a chronic illness, like diabetes. You'll raise your chances of living a longer, healthier life.

Find additional information on all of these topics and more. Go online to bluecare.bcbst.com/Manage-Your-Health/index.html.

Here's what you can do to start living healthy:

- **Eat Healthy** – What you eat and drink matters. Make time for a balanced diet.
- **Maintain a Healthy Weight** – Being obese is the number one cause of many diseases and health problems, like diabetes, high blood pressure, heart disease and stroke.
- **Exercise** – Aim for 30 minutes of moderate physical activity per day. Even walking can be an important part of your exercise routine.
- **Do Not Smoke** – Smoking causes many diseases of the lungs and heart. If you smoke, quit today. There are resources, medications, and other forms of support, like the Tennessee Tobacco Quitline, that can help. Talk to your doctor about quitting.
- **Get Routine Exams** – Regular exams and screenings can help save lives. Stay on top of your health. Visit your doctor every one to three years. At your checkup, talk to your doctor about screenings and other ways to prevent disease.
- **Be Safe; Protect Yourself** – Lower your risk of getting hurt by knowing safety rules for fires, falls, water, poisons and other dangers. Always wear your safety belt when driving. Protect your mental health by reducing the stress in your life.

Source: Centers for Disease Control and Prevention - www.cdc.gov/men/az/index.htm