

THE FACTS ON MEN'S HEALTH

Provided by Erlanger Men's Health Clinic

1 in 2

American men die of either heart disease or cancer.



79%

of heart attacks relate to a preventable condition such as high cholesterol, high blood pressure, or diabetes.

In 2017,

116,990

men will be diagnosed with lung cancer

161,360

men will be diagnosed with prostate cancer

71,420

men will be diagnosed with either colon or rectum cancer

Stroke is another leading cause of death among men. Nearly 1 in 4 strokes occur among those younger than age 65.

1 in 4

Fortunately, you can lower your risk of most health conditions by practicing these healthy lifestyle habits.



Get regular checkups.



Eat a healthy diet.



Stop smoking.



Be physically active.



Lower your stress level.



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