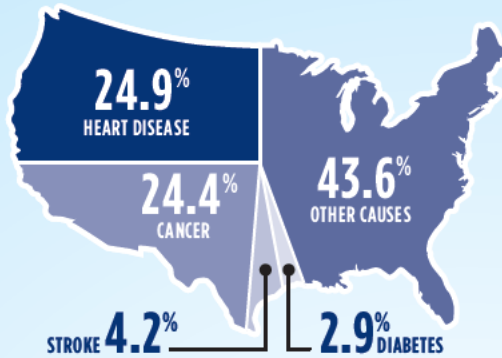


Get the MOST Out of Life: Your 50s

FIGHT BACK

Most common cause of death among American men:



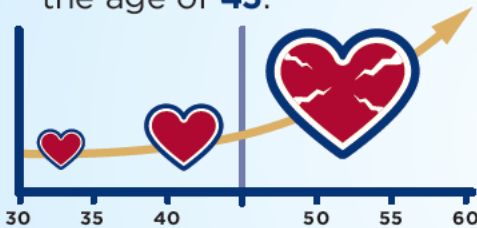
These diseases are preventable and better managed by following these **10 simple steps**:

1. Don't smoke
2. Eat healthy
3. Get active
4. Take medicine as directed
5. Manage high blood pressure
6. Contain cholesterol
7. Reduce blood sugar
8. Maintain healthy weight
9. Decrease stress levels
10. Have regular medical checkups



A CHANGE OF HEART

Heart problems in men increase significantly after the age of 45.



Over **60%** of heart attacks relate to simple lifestyle issues or easily detectable health conditions:

- High Cholesterol
- High Blood Pressure
- Diabetes



A BETTER GROWTH EXPERIENCE

The Leading Causes of Cancer Death in Men



LUNG CANCER
116,000

men will be diagnosed this year.
98% will be over 45 years old.



PROSTATE CANCER
233,000

new cases of prostate cancer will be diagnosed this year.
97% of all prostate cancers are diagnosed in men ages 50 and older.



COLORECTAL CANCER
1 in 20

lifetime risk of developing colorectal cancer.
More than 30% of cancer could be prevented by following the 10 steps above.

TIPS:

Quit Smoking

Beginning at age 50, have a colonoscopy and continue to receive one every 10 years.

If you are 50 or older, get screened for colorectal cancer.

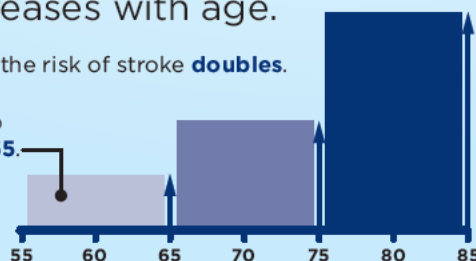
CHANGING MINDS

STROKE RISK increases with age.

For each decade after age 55, the risk of stroke **doubles**.

Every year, **28%** of people who suffer a stroke are under age 65.

However, strokes can and do occur at any age.



TIP:

80% of strokes are preventable by following the 10 steps above.



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