

June is Men's Health Month



Overview



The purpose of Men's Health Month is to heighten the awareness of **preventable health problems** and **encourage early detection** and treatment of disease among men and boys.



Mars and Venus

Compared to women, men are more likely to:

- Use tobacco products and to consume alcohol
- Be involved in higher risk activities (i.e., work related or leisure)
- Delay seeking medical care (i.e., screening and or treatment)



For Men Only

There are health conditions that only affect men, like prostate cancer and low testosterone. Other major health risks that men face - like colon cancer or heart disease - can be prevented and treated with early diagnosis.

[Screenings](#) can detect problems early, when they are usually easier to treat.



It's Not All In Your Head

According to the National Center for Health Statistics, suicide is the 7th leading cause of death for all U.S. men. It is important get help if you or someone you love needs it.

TRICARE covers both emergency and non-emergency mental health services. Visit www.tricare.mil/MentalHealth for information.



Go to the Doctor

The rate of doctor visits by women 15-44 years of age was about 56 percent greater than the rate for men in this age group.

This is important because heart disease is a leading killer in the U.S. and many people who have the disease or are at risk don't know it. Your doctor can help you assess your risk.



An Ounce of Prevention



Colon cancer is the third-leading cause of cancer-related deaths among men, but it's one of the most preventable cancers when the [recommended screening](#) occurs.



Below the Belt

The CDC reports that prostate cancer is common among older men and rare in men younger than 40. Additional risk factors for developing prostate cancer include family history, race/ethnicity, geography and inherited genetic changes.

Get more information about TRICARE's [Prostate Exam Coverage](#) and talk to your doctor about your risks.



Resources

TRICARE.mil houses information about the TRICARE benefit. Whether beneficiaries are looking for specific benefit information or tips to live well, it is available online.

The Military Health System's campaign, Operation Live Well, offers tools and tip to lead a physically, mentally, socially and spiritually healthy lifestyle. These resources can be found on Health.mil.

www.tricare.mil/livewell

www.health.mil/olw

