Prevention is the Best Medicine

• June is Men’s Health Month, an opportunity to bring awareness to health issues that affect men, such as:
  – Men’s cancers (prostate, testicular)
  – Skin and colon cancers
  – Heart disease
  – Hypertension
  – Obesity

• Regular doctor visits and screenings can help identify issues before they progress.

• Know these key facts about men’s health:
  – Heart disease and cancer are the leading causes of death for men in the U.S.
  – The most common kinds of cancer among men in the U.S. are skin cancer, prostate cancer, lung cancer, and colorectal cancer.
  – Many of the major health risks men face can be prevented and treated with early diagnosis.

Tip #1: Recognize Preventable Health Problems

• Be aware of potential health concerns, even if you aren’t sick or injured.

• See a doctor or health professional for regular checkups. Check out this checkup checklist for things to do before your next visit, including:
  – Learn about preventive tests or screenings you need. Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they become a problem.
  – Review your family health history. Your provider can assess your risk of disease based on your family history and other factors.
  – Write down a list of issues and questions to take with you to your checkup.

Tip #2: Get Regular Screenings

• Seek preventive care early. It can save you time, money and increase your chances of surviving treatable diseases.

• TRICARE covers clinical preventive services. Your doctor can help you decide what tests you need based on your age and risk factors. Important health screening tests for men include:
  – Blood Pressure Screening
  – Cardiovascular Screening
  – Colorectal Cancer Exams
  – Prostate Cancer Exams
  – Skin Cancer Exams
  – Testicular Cancer Exams

• Screenings and vaccinations are also covered as part of the annual Health Promotion and Disease Prevention exams for TRICARE Prime and TRICARE Select enrollees.
Tip #3: Speak Openly with Your Provider

- Men are less likely to speak openly about their health with their health care provider.

- Talk honestly with your doctor to help prevent missed diagnoses, misdiagnoses, and unnecessary tests. Check out examples of what you can discuss.

- Your primary care manager (PCM) can help you identify potential health concerns and assess your risk for developing certain health problems.
  - If you don’t have a PCM or need help finding a doctor, visit Find a Doctor on the TRICARE website.
  - Rules for booking appointments are based on which plan you’re using. Visit Book Appointments on the TRICARE website to learn more.

Tip #4: Make Healthy Lifestyle Choices

• Stay connected and **mentally well**. Seek out friends, family and professional help if you’re going through a hard time.
• If you’re depressed, seek help. **Depressed men** may appear to be angry or aggressive rather than sad, making it more difficult to recognize symptoms.
• Get proper **sleep**, physical activity, and nutrition. These are all key components of preventive health and day-to-day wellness.
• Take steps to **reduce stress** or learn to deal with stress in healthy ways. If you feel constantly on edge or under pressure, your lifestyle habits may suffer and so might your immune system.

Tip #5: Minimize Risky Behavior

• **Don’t smoke.** Smoking can cause conditions, such as heart disease and cancer. If you smoke or use other tobacco products, ask your doctor to help you quit.
  – TRICARE provides [tobacco cessation services](https://medlineplus.gov/menshealth.html) to help you quit tobacco.
  – [UCanQuit2](https://medlineplus.gov/menshealth.html) provides useful tips and tools.

• **Limit alcohol.** Drinking too much can contribute to poor health. If you choose to drink alcohol, do so in moderation.
  – Visit the TRICARE [Alcohol Awareness](https://medlineplus.gov/menshealth.html) page for information about alcohol and drinking responsibly.

Learn about TRICARE coverage for clinical preventive services.

Learn about TRICARE mental health coverage. TRICARE covers medically and psychologically necessary mental health and substance use disorder care.

Find information about common cancers among men from the Centers for Disease Control and Prevention.

Check out the Military Health System June spotlight for more information on men’s health issues and resources.
For more tips on healthy living, visit www.tricare.mil/healthwellness.

TRICARE HEALTHY LIVING TIPS