

MEN'S HEALTH BY THE NUMBERS

STATS DON'T LIE. IT'S TIME TO PRIORITIZE MEN'S HEALTH.



1 in 4 male deaths are due to heart disease

33%

of men skip their yearly checkups

65%

of men think they're healthier than others

WHAT'S AT RISK?



HEART HEALTH

Heart disease is the #1 cause of death for men.



UROLOGY

Up to 70% of men have erectile dysfunction by age 70. Nearly 80% of men will experience prostate enlargement (BPH), which can lead to urinary issues.



GASTROENTEROLOGY

Men face a 10x higher risk of esophageal cancer compared to women, highlighting critical concerns.



CANCER

1 in 8 men will be diagnosed with prostate cancer. Men are at higher risk for bladder and colorectal cancers.

DID YOU KNOW?



On average, men die 5.4 years earlier than women



40% of men get health info from social media

SCREENINGS BY AGE

40's

- Start eye exams every 2-4 years
- Discuss prostate cancer screening if at higher risk
- Continue cholesterol, prediabetes and type-2 diabetes screenings
- Begin colorectal cancer screenings

50's

- Begin prostate cancer discussion with your provider
- Consider annual lung cancer screening if smoking history
- Increase eye exam frequency to every 1-3 years
- Continue colorectal screenings and annual checkups

65+

- Continue all age-appropriate screenings
- Monitor for development of chronic conditions
- Watch for mobility and fall prevention concerns



Better health starts with awareness. Schedule an appointment by scanning the **QR code** or by clicking over to nmformen.nm.org.