



# Release

CALIFORNIA DEPARTMENT OF PUBLIC HEALTH

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**FOR IMMEDIATE RELEASE**

June 17, 2010  
PH10-040

## **CDPH OFFERS TOP-10 TIPS FOR MEN'S HEALTH WEEK**

SACRAMENTO – Regular doctor check-ups, plenty of exercise, healthy eating and disease screening can add years and quality to a man's life. That's why, during this National Men's Health Week leading up to Father's Day, the California Department of Public Health (CDPH) is sharing top health tips to keep men healthy.

"Men have an average life expectancy of almost six years less than women," said CDPH Director Dr. Mark Horton. "By emphasizing the importance of education, physical fitness and disease prevention, we can help men live longer, healthier lives."

Men's Health Week is a time for Californians to remind their fathers, sons, brothers, husbands, grandfathers and others to make these health tips a priority this week and all year long.

### **TOP-10 HEALTH PREVENTION TIPS FOR MEN:**

1. Don't smoke or chew tobacco and avoid exposure to secondhand smoke. Lung cancer is the leading cause of cancer deaths among men, mostly due to cigarette smoking.

2. Eat a healthy diet that's rich in vegetables, fruits, whole grains, fiber and fish. Cut back on foods high in saturated fat and sodium. A healthy diet can help prevent prostate cancer and colorectal cancer, both of which are leading causes of death among men.
3. Check your cholesterol and blood pressure. If they are too high, follow your doctor's advice. Heart disease is a leading men's health threat.
4. Include physical activity in your daily routine – this helps to manage and reduce stress, which can lead to heart attacks and strokes.
5. Maintain a healthy weight – losing excess pounds can help prevent Type-2 diabetes, high blood pressure, heart attacks and strokes.
6. If you drink alcohol, do it in moderation. Too much alcohol can raise blood pressure and cause other health problems. Remember to designate a driver before you drink.
7. Maintain mental fitness. Practice mental exercises, like puzzles and reading, and take steps to learn new things. These activities have been shown to prevent Alzheimer's disease.
8. Drive safely, follow the speed limit and wear your seat belt – the leading cause of fatal accidents among men is motor vehicle crashes.
9. Limit your sun exposure. When you're working or playing outdoors, use sunscreen and wear a hat and long sleeves. The majority of people diagnosed with melanoma, the leading cause of death from skin cancer, are white men over age 50, and 5 percent of all cancers in men are melanomas.
10. See your doctor. Get to it, get it done. Men seek medical care at a rate far lower than women. Having regular medical screenings is an important step to maintaining good health. While your health is in your hands, there are some projects that you may not be able to do yourself. Don't be afraid to call an expert.