Take Care of Business – Men's Health

When men take care of their health, they are better able to support their loved ones. Partner with your doctor to learn how to best care for yourself and take care of business. Here are some tips on how you can be a healthier man.

See Your Doctor Regularly.

Even if you feel perfectly healthy, you should see your doctor at least once a year for a checkup.

Call or See Your Doctor When You're Feeling Sick.

Men are less likely than women to see a doctor when they're not feeling well. Prompt medical care can make a big difference - sometimes, the difference between life and death. Don't wait.

Stay active.

Try to get some exercise each day, even if it's just a walk. Being active everyday helps to boost your mood, lower your stress, and improve your overall health.

Drink in Moderation.

Check with your doctor to make sure that drinking alcohol is alright for you. For men, moderate drinking means no more than two alcoholic drinks daily.

One drink = 12 ounces of beer, 5 ounces of wine, or 1½ ounces of hard liquor.

Learn more today.

To find out more about Independence at Home's Community Education programs, contact our Resource Specialists:

866-421-1964

IndependenceAtHome.org

independence
at home
A SCAN COMMUNITY SERVICE℠

Quit Smoking.
Smoking increases your risk for heart attack, stroke, and cancer. Talk to your doctor about quitting or call 1-800-NO-BUTTS for other ways to quit.

Eat Right.
Maintaining a healthy diet means that you consider the types of food, as well as amounts of food, that you eat at each meal. Make half your plate fruits and vegetables, and the other half lean meats, whole grains, and a low-fat dairy item.

Health in Aging Foundation. (2014). For Men: Tips for Good Health Later in Life. American Geriatric Society: New York, NY. http://www.healthinaging.org/files/documents/tipsheets/mens_health.pdf

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