

# MEN'S & WOMEN'S HEALTH

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## Men's health

The overall mortality rate is 41% higher for men than women, with the leading causes of death being heart disease, cancer, stroke and diabetes. Men are also less likely than women to visit a doctor or get screened for cancer.

### Did you know?

**MENTAL HEALTH:** 31% of men suffer from depression in their lifetime, and 9% of men have daily feelings of depression or anxiety. But only 1 in 4 talk to a mental health professional, and only 1 in 3 take medication. Pay attention to signs of depression and don't be afraid to seek help.

**PROSTATE CANCER:** This specific type of cancer is the second leading cause of cancer deaths for men in the United States. Talk to your doctor about having PSA and DRE levels checked.

**SEXUAL HEALTH:** Erectile dysfunction affects nearly 30 million men of all ages across the United States. If you're having problems, see a urologist and make sure it's not an early warning sign for something more serious, like heart disease, high blood pressure or high blood sugar.

### Men's health tips

As we age, we must adjust our habits to maintain our health, but there are easy ways men can make healthy habits part of their daily routine.

**GET CHECKED OUT:** Consider your primary care physician your guide to good health.

#### GET SCREENED FOR CANCER:

- Colonoscopy: age 50 (sometimes earlier depending on individual risk factors)
- Prostate cancer: age 50
- Lung cancer screening (if you are a former or current smoker)

**MAINTAIN A HEALTHY WEIGHT:** Being overweight can lead to many health issues, including heart disease, diabetes, joint problems, depression and other issues.

**EXERCISE REGULARLY:** If you aren't able to do 30 minutes of cardio activity five times per week, do as much as possible because every bit helps.

**GET ENOUGH SLEEP:** Sleep deprivation can lead to weight gain and mental health issues.

### NEED HELP FINDING A PRIMARY CARE PROVIDER IN THE NETWORK?

Follow these steps if you are enrolled in the UMR plan

- Go to [umr.com](http://umr.com) or your mobile app.
- Then select "Find a provider" and search for "UnitedHealthcare Choice Plus Network" and choose "View providers."

Follow these steps if you are enrolled in the Surest plan

- Go to [benefits.surest.com](http://benefits.surest.com) or your mobile app. Here you can log in and find care by entering a doctor's name or entering your condition in the search bar.
- Then scroll through your options while checking costs and treatment options prior to getting care.



# Women's health

Prioritizing women's health and physical, psychological, emotional and social wellbeing has never been more important. Women's health differs from men's health in many ways. One example is reproductive and sexual health. Routine screenings and annual visits with a gynecologist are part of a healthy lifestyle. Most important is clear communication with your doctor, who can answer questions about sexual and reproductive health.

## Preventive care for women

### AGE 20

Start annual visit with your gynecologist. Your doctor will also perform a breast exam every one to three years.

### AGES 21-29

Get a Pap test every three years. This allows your gynecologist to look for any changes in your cervix that may require treatment.

### AGE 30

HPV testing may be included with your Pap tests. If you have normal results, you only need to have a Pap test every five years.

### AGE 40

Start getting mammograms every year. This screening looks for signs of breast cancer at an early, treatable stage. An annual breast exam by your gynecologist is also recommended.

### AGES 40-60

Menopause typically occurs between the ages of 40 and 60 and may cause a number of symptoms ranging in severity depending upon the person. Talk to your doctor about the lead-up to menopause and ways to treat or manage symptoms.

### AGES 45-50

Colon cancer screening can detect cancer at an early stage, when it is easier to treat. It is recommended that most women start screening at age 50 and African American women earlier, at age 45.

### AGE 65

A bone mineral density scan checks for osteoporosis. Also, talk to your doctor about whether you need to continue having Pap tests.

### AGE 75

Speak with your doctor about whether you still need to have mammograms and colon cancer screening. For some women, it might make sense to stop these tests.

## Women's health tips

- Get regular checkups, including a yearly well-woman exam. Talk to your healthcare provider about any health concerns you may have.
- Get active! You can join a gym, take a walk outside, or join an app so you can work out at home on your own time. Do anything to stay active — even if it is for five minutes.
- Eat a healthy and balanced diet: Check your eating habits to make sure you're getting the recommended daily allotment of nutrients. It's easy to slip into an unhealthy eating routine.
- Prioritize your mental health and learn how to cope with stress: Long-term stress can lead to serious health problems. Women are more likely to develop depression and anxiety.
- Practice healthy behaviors. Daily decisions influence your overall health.