



June is MEN'S HEALTH Month!

Every June, Men's Health Month shines a spotlight on the unique health challenges men face and encourages early detection, healthy habits, and regular checkups.

It's a time to support the men in our lives — fathers, brothers, sons, partners, and friends — in taking charge of their physical and mental well-being.

This Week's Focus: Heart Disease

Heart disease is the **leading cause** of death among men in the U.S., which is **largely preventable** with lifestyle changes despite genetic risk factors!

What is Heart Disease?

Heart disease refers to a group of conditions that affect the heart and blood vessels, most commonly coronary artery disease (CAD) — which is the buildup of plaque in the arteries that supply the heart. Essentially, it means the heart or its blood vessels can't work properly, often due to blockages, damage, or chronic strain.

! Alarming Statistic !

According to the CDC, **about 1 in every 4 male deaths** in the U.S. is due to **heart disease**. That's **approximately 382,000 men** each year.

A "Silent Disease"

Heart disease often has **no symptoms until it's serious** — like a heart attack or sudden cardiac arrest. Many men don't know they're at risk until it's too late.

It affects **all ages** and **all backgrounds**, but the risks **increase with age**, poor lifestyle habits, and underlying conditions like high blood pressure or diabetes.

Important Risk Factors for Men

- High blood pressure (hypertension)
- High Triglyceride-to-HDL Ratio
- Diabetes or insulin resistance
- Low Testosterone
- Sedentary lifestyle
- Elevated Apolipoprotein B and Lipoprotein(a)
- Stress and poor sleep
- Obesity or large waistline
- Smoking and/or Heavy alcohol use
- Family history of early heart disease

Proven Ways to Protect Your Heart

1. Get Your Numbers Checked

- Blood pressure (Goal: under 130/80 mmHg)
- Lipid Panel, ApoB, Lp(a), Uric Acid, A1C, Insulin, and fasting glucose (screening for diabetes)
- BMI & waist circumference (aim for waist <40 inches)

2. Eat for a Strong Heart

- Prioritize: veggies, fruits, lean protein (like fish or beans), whole grains
- Use healthy fats: olive oil, nuts (walnuts, pecans, almonds), avocado, chia and flaxseeds
- Limit: processed foods, sugar, excess refined salt, and **conventionally-raised** red meat

3. Exercise Regularly

- Aim for 150 minutes/week of moderate activity (e.g., brisk walking)
- Add resistance or strength training 2-3x/week

4. Quit Smoking

- Smoking damages blood vessels and increases blood clot risk
- **Free resources: 1-800-QUIT-NOW or [smokefree.gov](https://www.smokefree.gov)**

5. Manage Stress

- Chronic stress raises your blood pressure and inflammation
- Try: deep breathing, nature time, therapy, mindfulness apps

6. Prioritize Sleep

- Aim for 7–9 hours nightly
- Poor sleep increases your risk for heart disease, obesity, and hypertension



Helpful Resources

- 1) <https://my.clevelandclinic.org/departments/functional-medicine>
- 2) [cdc.gov/heartdisease](https://www.cdc.gov/heartdisease)
- 3) [menshealthnetwork.org](https://www.menshealthnetwork.org)

Reference:

Centers for Disease Control and Prevention (CDC). *Heart Disease Facts*. Updated 2023.
<https://www.cdc.gov/heartdisease/facts.htm>