

June 11 - 17 is [International Men's Health Week](#)



The top health risks for men are common, well-known, and often preventable. June 11 - 17 is [International Men's Health Week](#), an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. After all, identifying and preventing men's health problems is not just a male issue, but often involves men's partners and family members as well.

Research shows that men tend to see their doctors less often than women do, and are more likely to wait until a health problem is serious before seeking help. According to the [2015 National Vital Statistics Report](#), the five leading causes of death for men in 2015 were heart disease, cancer, unintentional injuries, chronic liver disease and cirrhosis, and stroke. On average, men die five years earlier than women.

"Men sometimes feel they can handle everything on their own that life throws at them," stated Juan LaBoy, Medical Practice Manager at InterCommunity. "Car problems, leaky faucets, that pain that has been lingering...we think it's nothing, we can take care of things. But what about our health - do we know what it takes to stay healthy? It's important to know what things we should put on our 'to do' list": screening, screening, and more screening."

Checkups and Screening

[The Men's Health Network](#) recommends regular checkups and age-appropriate screenings for men, in consultation with their healthcare providers. Men with a family history of disease or who are members of a high risk group may benefit from early or more frequent screenings. Guidelines include:

- Regular physical exams that include blood pressure screening, EKG, and blood tests and urinalysis to screen

for various diseases. "High blood pressure is a leading cause of stroke and can also cause erectile dysfunction," stated LaBoy.

- Screening for colorectal health, including sigmoidoscopy and colonoscopy
- [Vaccinations](#) including tetanus booster, yearly flu shots, and for older men, the shingles vaccine.
- Screening for sexually transmitted diseases
- Self-screening for testicular cancer
- Prostate cancer screening

Men's emotional health is also important. While depression is common in both sexes, it often goes unrecognized and untreated in men. Symptoms may include irritability, sadness and loss of interest in activities one previously enjoyed, alcohol and drug abuse, risky behavior, and changes in eating and sleeping habits.



Time for your physical? InterCommunity offers comprehensive physical exams, vaccinations, and screening for adults and children. If you, or someone you know, is interested in primary care, addiction recovery services, or mental health care for children or adults, contact InterCommunity. To receive services at any of our Hartford or East Hartford locations, please call 860-569-5900.



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