



health  chats

MEN'S HEALTH

SPONSORS





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TODAY'S TOPICS

01

Leading causes of death

02

Health disparities

03

Key health screenings

04

Tips for health optimization

05

Resources



TOP THREATS TO MEN'S HEALTH

1

Heart Disease

2

Cancer
(Prostate, lung,
colorectal)

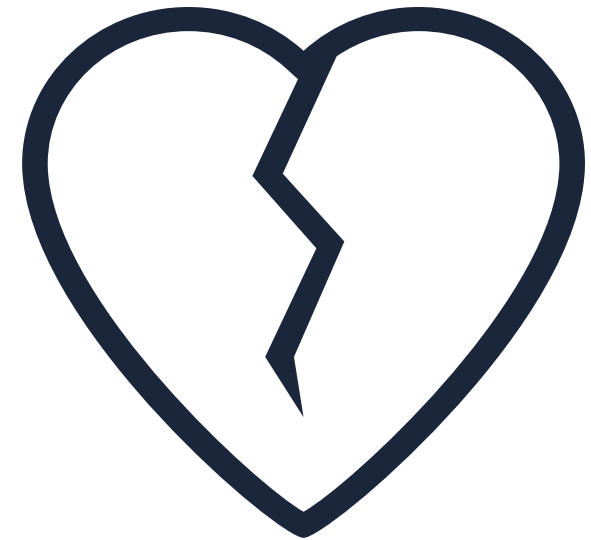
3

Unintentional
injury/accidents

All are highly preventable

MEN'S HEALTH DISPARITIES

- More than half of men over 20 years old have hypertension
- Increased use of substances including alcohol and tobacco
- Higher rates of certain cancers (mouth, esophagus, liver, colon, pancreas)
- 4X Increased suicide risk

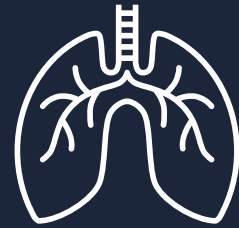




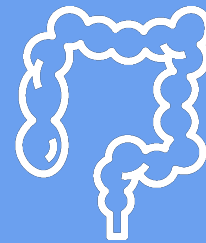
KEY HEALTH SCREENINGS



**Blood
pressure**



**Lung
Cancer**



Colorectal



**Prostate /
Testicular**



- 01 Avoid tobacco and excessive alcohol
- 02 Consistent, good quality sleep
- 03 Seek mental health support early and often
- 04 Annual wellness visit

MOST IMPORTANT TIPS FOR GOOD HEALTH

RESOURCES

UnitedAg Health & Wellness Centers

Lifestyle coaching program

Unitedag.org/wellness | 877.877.7981

Teladoc

Teladoc.com

