

Topic: Men's Health

Men die an average of 5 years earlier than women.-“Men are at higher risk for many serious diseases, including heart disease, lung cancer, and HIV. Men also face unique health problems that don't affect women, like prostate cancer.

To improve men's health, it's important to raise awareness about preventive screenings and regular health care for men of all ages. Interventions to reduce smoking and drinking and promote healthy behaviors also can help prevent diseases and improve men's health.” [Healthy People 2030 | health.gov](#)



Please refer to the adult wellness checklist of topics and tests for your age group, and be sure to bring with you to discuss with your primary team.

Faith Community Health at Carle connects you and your faith community to needed healthcare and wellness support, taking a whole-person approach to health.

To learn more about bringing healthcare and wellness resources to your faith community, call (217) 902-3160 or email FaithCommunityHealth@carle.com.



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