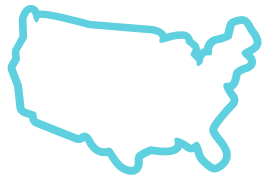
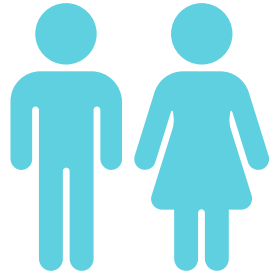


# HEALTHY IS A SIGN OF STRENGTH

## MEN'S HEALTH FACTS

### CANCER AWARENESS

More males are dying of cancer than females. Overall, cancer accounts for **21.9% OF ALL MALE DEATHS.**



**PROSTATE CANCER IS THE 2ND LEADING** cause of death among men in the United States.\*

Men should have their first screening **AT THE AGE OF 50** if they are at average risk.†

### CANCER PREVENTION



Regular screenings can decrease your chances of getting Prostate Cancer.

Speak to your Primary Care Physician about cancer screenings. They can refer you to an Urologist to make an appointment if you don't already have one.

If you are in need of a **Primary Care Physician or a Urologist**, please use our Provider directory:

[echn.org/find-a-provider](http://echn.org/find-a-provider) | 1.888.299.3676

### HEALTHY HABITS

- eat healthy and include a variety of fruits and vegetables every day 
- regular physical activity has many benefits 
- quit smoking 
- recognize and reduce stress

### DEPRESSION/SUICIDE

Males are **3-7X** times more likely than females to take their own life.

[medicalxpress.com/news/2019-09-healthy-men-alarming-statistics-death.html](http://medicalxpress.com/news/2019-09-healthy-men-alarming-statistics-death.html)

Suicide is the **6TH** leading cause of death for males

Depression is one of the leading causes of disease or injury worldwide.

Signs include **persistent sadness, grumpiness, feelings of hopelessness, tiredness and decreased energy and thoughts of suicide.**

If you or a loved one in your life is feeling depressed, please reach out the ECHN's Behavioral Health team to get the support you need: **860.647.6800**

\*[cancer.net/cancer-types/prostate-cancer/statistics](http://cancer.net/cancer-types/prostate-cancer/statistics)

†[cancer.org/latest-news/prostate-cancer-screening-faq.html#:~:text=Men%20at%20average%20risk%20of,at%20age%2040%20or%2045.](http://cancer.org/latest-news/prostate-cancer-screening-faq.html#:~:text=Men%20at%20average%20risk%20of,at%20age%2040%20or%2045.)