



Know Your Numbers

Men's Health Goals

- Get Active
- Get Checked
- Get Connected

Did you know that one in two men develop cancer in their lifetime. Men are 17% more likely to develop cancer than women. Men are 50% more likely to die of heart disease than women. And, 12.1% of men aged 18 and older are in fair or poor health, and nine out of 10 of the top ten men's health conditions are preventable or treatable!

Top 10 Leading Causes of Death in Men

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|-----------------------------------|-------------------------------------|
| Heart Disease | Diabetes |
| Cancer | Alzheimer's Disease |
| Unintentional Injuries | Suicide |
| Chronic Lower Respiratory Disease | Influenza and Pneumonia |
| Stroke | Chronic Liver Disease and Cirrhosis |

NATIONAL MEN'S HEALTH AWARENESS MONTH JUNE

Get Active

- Inactive men are 60% more likely to suffer from depression
- 40.5% of men over age 20 are obese
- Climbing 50 stairs or walking ¼ mile/day may lower your risk of heart disease by 50%

Get Checked

- Prostate cancer is 99% treatable if detected early
- In 2021, 28.7% of men have not had a wellness physical in the preceding 12 months

Get Connected

- Men account for over 75% of suicide deaths in the U.S
- In 2022, more than 50% of suicide deaths in WI were middle-aged men
- **988** is the number for the suicide and crisis lifeline, 24/7



Talk to Our Pharmacists For More Information

Eagle River | Minocqua | Rhinelander | Tomahawk