

MONTHLY WELL-BEING NEWSLETTER: MEN'S HEALTH MONTH

June is Men's Health Month and is a great time to raise awareness about health issues affecting men. The material below focuses on two important topics: mental health and prostate cancer.

Mental Health

A critical part of men's health that is often overlooked is mental health. Men are far less likely to seek mental health treatment than women.

Men die by suicide at a rate four times higher than women (Source: Mental Health America).

- + Call or text 988 for the suicide crisis lifeline.
- + Find a wide variety of [suicide prevention resources here](#).
- + There are resources and therapy options provided through medical carriers. Research what available resources are right for you.

Men are 2-3 times more likely to misuse drugs and alcohol.

- + Check to see if your company has an Employee Assistance Program. EAP's are a great resource for *free and confidential* mental health support.
- + [National Helpline](#) for substance abuse is free, confidential and available 24/7/365 for individuals and families facing substance abuse disorders. 1-800-662-4357

You do not need to hit rock bottom before you get help. If you or someone you know is suffering from mental health issues like depression or substance abuse, it is important for them to get the help they need.

Prostate Cancer

Around 300,000 cases of prostate cancer are reported each year in the United States. Prostate cancer is highly treatable when detected early, which makes regular screening critically important. Prostate Cancer risk depends on a variety of factors, including:

- + Age: Prostate cancer increases significantly with age, especially with men over 50.
- + Race: African American men are at higher risk than other racial groups.
- + Genetics: Certain genetic mutations such as BRCA1 and BRCA2 increases the risk.
- + Family History: Having a close relative with prostate cancer increases the risk.

There are also lifestyle factors that increase risk such as:

- + Obesity
- + Smoking
- + Poor Diet

A PSA test is a blood test used to screen for prostate cancer in men with no symptoms.

The [American Cancer Society](#) recommends men with high risk factors to consider PSA testing at 40-45. If you have average risk factors, then you can start PSA testing at 50. **Talk to your doctor about what is right for you.**