

# 21 TIPS TO GET MEN ON THE PATH TO MAXIMUM HEALTH AND WELLNESS

June is Men's Health Month, an ideal time for men to think about whether they are doing all they can to remain healthy and active.

Accuray is sharing information on some of the things men can do to protect their health. Each man should make time to have a conversation with his doctor to learn everything he can to maintain his physical and mental health.

## Watch your diet and exercise regularly

Research indicates a poor diet and physical inactivity may be linked to medical conditions such as cancer, diabetes and heart disease. By continuing regular physical activity and limiting your consumption of high-caloric food and drinks, you can maintain a healthy weight.

### Exercise

Understand what it means to have a healthy weight by knowing your Body Mass Index (BMI). **A man's normal BMI should be between 18.5 and 24.9.** Anything below is underweight and anything above 30 is considered obese.

Discover your BMI with this simple equation:  
 $BMI = (\text{weight in pounds} \times 703) \div (\text{height in inches} \times \text{your height in inches})$

Key benefits that result from men exercising can include: higher testosterone levels, lower risk of some cancers, lower risk of cardiovascular disease, and a longer life.

Men should get at least 150-300 minutes of moderate-intensity or 75-150 minutes of vigorous-intensity physical activity over the course of each week.

### Diet

Limit the amount of red or processed meat you eat, eat at least 2.5 cups of fruit and vegetables a day, and opt for whole grains.

**Consume no more than 2 alcoholic drinks a day.**



## Take care of your mental health

**Stress can place strains on blood pressure, heart rate, respiration, metabolism, and blood flow to muscles.** These strains can easily develop into minor or major illnesses like insomnia, back aches, headaches, high blood pressure or heart disease.

Activities like journaling and tracking gratitude and achievements, smiling and laughing, unplugging from electronics and practicing forgiveness can all reduce stress and boost mental health.

Men with mental illnesses are less likely to have received mental health treatment than women in the past year.

**So far, men in the U.S. have died by suicide 3.6x more often than women in 2020.**

White males in the U.S. made up 69.67% of suicide deaths in 2018.

Talk to someone if you need help - call the National Suicide Prevention Lifeline: call 1-800-273-TALK (8255)



## Know your family history, ethnicity-specific and gender-specific risks

A man's family medical history can help his doctor determine if he's at a higher-than-normal risk of developing conditions such as heart disease, diabetes, certain types of cancer, stroke and high blood pressure.

A man's risk of being diagnosed with prostate cancer more than doubles if his father or brother have the disease.

Ask your doctor what your family history means as far as when and how often to get preventive screenings and what lifestyle changes you can make to lower your risk of some types of cancer.

For example, men at average risk of colorectal cancer should begin regular screening at age 45. If a man has a family history of the disease, he may need to begin screening at an earlier age and get screened more often.

Did you know the National Cancer Institute anticipates roughly 893,660 new cases of cancer in men in 2020?

In 2020, the top 5 types of cases will be prostate cancer (21%), lung (13%), colon and rectum (9%), urinary bladder (7%) and melanoma (7%).

**More men die from cancer than women** (196.8 per 100,000 men versus 139.6 per 100,000 women). African American men have the highest mortality rate (239.9 per 100,000).

Did you know your ethnicity can play a role in the prevalence of certain conditions? **African American men are at a higher risk than white Americans of having diabetes, high blood pressure and stroke.** They are also 1.6 times more likely to get prostate cancer, and more than twice as likely to die from it.



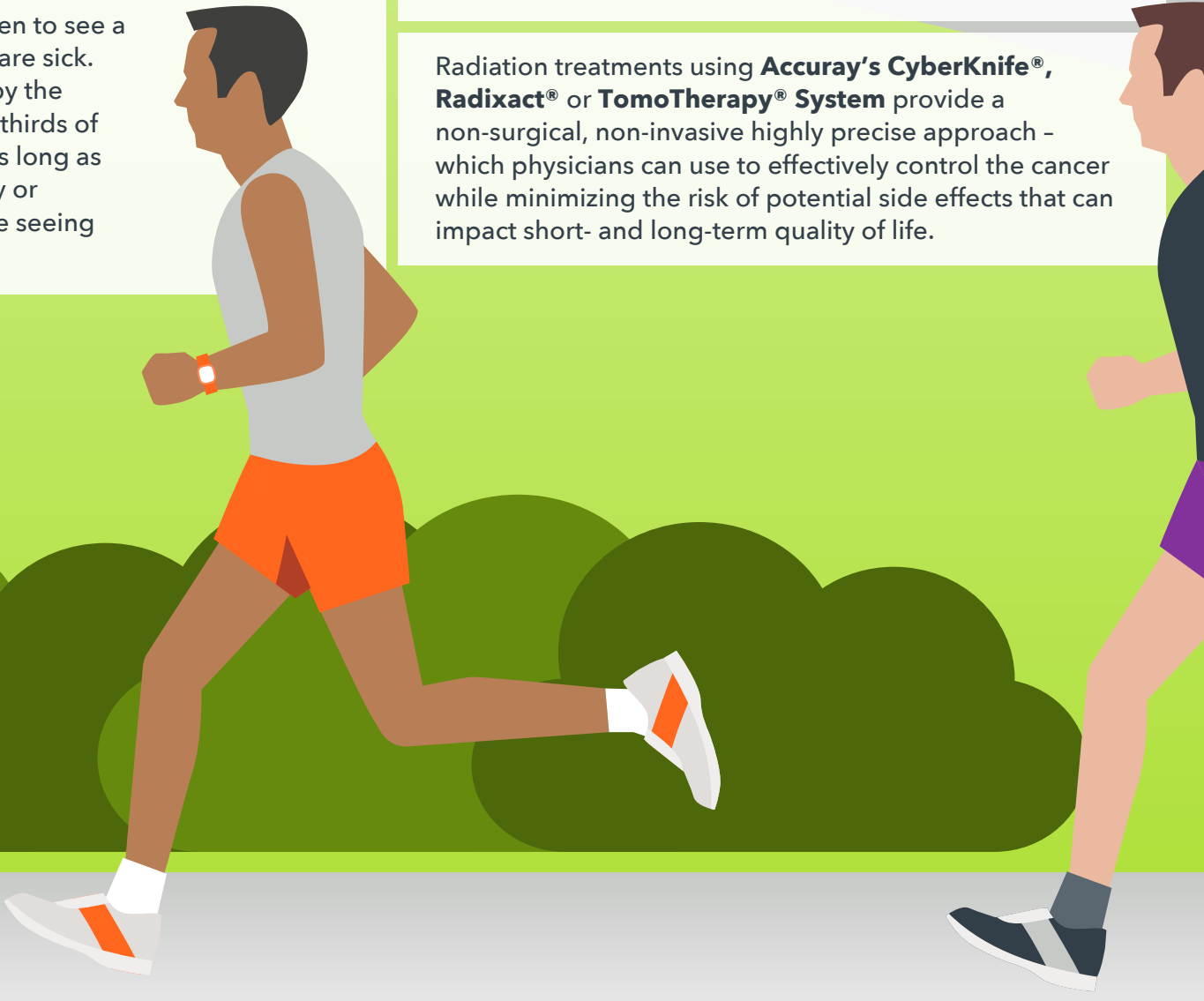
## Be your own advocate and know your options

**Talk about your health.** Did you know that two-fifths of men were told as children to not complain about health issues? Not doing so may have negative consequences.

Men are less likely than women to see a doctor in general and if they are sick. According to a 2019 survey by the Cleveland Clinic, almost two-thirds of men say they prefer to wait as long as possible if they have an injury or symptoms of an illness before seeing a doctor.

COVID-19 can be impacting your ability to schedule certain regular screenings, such as a PSA test for prostate cancer, so talk with your doctor about a plan or alternatives.

Radiation treatments using **Accuray's CyberKnife®, Radixact® or TomoTherapy® System** provide a non-surgical, non-invasive highly precise approach - which physicians can use to effectively control the cancer while minimizing the risk of potential side effects that can impact short- and long-term quality of life.



**SOURCES:** AMERICAN CANCER SOCIETY; AMERICAN FOUNDATION FOR SUICIDE PREVENTION; CENTERS FOR DISEASE CONTROL AND PREVENTION; CLEVELAND CLINIC; MENTAL HEALTH AMERICA; THE MAYO CLINIC; NATIONAL CANCER INSTITUTE; NATIONAL CENTER FOR BIOTECHNOLOGY INFORMATION; NATIONAL INSTITUTE FOR MENTAL HEALTH; PROSTATE CANCER FOUNDATION; U.S. NATIONAL LIBRARY OF MEDICINE