



May is Men's Health Month

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So what is Men's Health and why is it in May anyway? May is Mother's Day month (man, I hope I didn't forget), and June is Father's Day month. June would make more sense, but hey, the month doesn't matter, just the facts of taking care of your health (or that of your man's) do.

So what is men's health? If you only looked at TV, it would be all and only about a bathtub on a beach and pulling horse trailers with your pickup, or only about testosterone medication. Now, these sexual health things are important to us guys, but in reality, most of us men know more about caring for our truck than caring for our own health. Most of my male patients know when their next oil change and tune up is due but have no idea or plan for their next own health tune-up: an annual preventative exam. A good tune-up can help prevent those issues that all the TV commercials are about. Indeed, most erectile dysfunction problems are due to circulation problems or diabetes, and we doctors know that ED is actually a marker for bigger cardiovascular problems ahead, like a heart attack or stroke.

So take care of yourself and those you care for and see your family doctor

for a physical. This is when we can address with you your heart and circulation (cardiovascular) risks, cancer risks and preventions, update immunizations to keep you healthy, and pick up on any specific issues that need further work. Look, you probably spend money on life insurance that really only is to protect those you love when you die. Why not use your health insurance to keep yourself around longer and healthier. Besides, most health insurance pays without copays or deductibles for an annual preventive exam now. Some even pay you for having such a check-up. You may as well use some of the hard earned dollars that you pay into those health insurance premiums!

So be a man and set up an annual preventive exam. I usually ask my patients, both men and women, to set them up around their birthday. That way they are easier to remember....even easier than the next oil change on the truck! I would venture to say you are more valuable than that vehicle in yours and your family's eyes, and certainly more valuable than just a bathtub on a beach! Call for an appointment today!