



# TRICARE Healthy Living Tips

## Men's Health Month

### June 2018



# Prevention is the Best Medicine



- June is Men's Health Month, an opportunity to bring awareness to health issues that affect men, such as:
  - Men's cancers (prostate, testicular)
  - Skin and colon cancers
  - Heart disease
  - Hypertension
  - Obesity
- Regular doctor visits and screenings can help identify issues before they progress.
- Know these key facts about men's health:
  - Heart disease and cancer are the [leading causes of death for men](#) in the U.S.
  - The [most common kinds of cancer among men](#) in the U.S. are skin cancer, prostate cancer, lung cancer, and colorectal cancer.
  - Many of the [major health risks men face](#) can be prevented and treated with early diagnosis.

Source: Centers for Disease Control and Prevention. "Men's Health." [www.cdc.gov/nchs/fastats/mens-health.htm](http://www.cdc.gov/nchs/fastats/mens-health.htm). Accessed May 24, 2018.

Source: U.S. National Library of Medicine. MedLinePlus. "Men's Health." <https://medlineplus.gov/menshealth.html>. Accessed May 31, 2018.

Source: Centers for Disease Control and Prevention. "Cancer Among Men." [www.cdc.gov/cancer/dcpc/data.men.htm](http://www.cdc.gov/cancer/dcpc/data.men.htm). Accessed May 31, 2018.

# Tip #1: Recognize Preventable Health Problems



- Be aware of potential health concerns, even if you aren't sick or injured.
- See a doctor or health professional for regular checkups. Check out this [checkup checklist](#) for things to do before your next visit, including:
  - Learn about [preventive tests or screenings](#) you need. Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they become a problem.
  - Review your [family health history](#). Your provider can assess your risk of disease based on your family history and other factors.
  - Write down a list of issues and questions to take with you to your checkup.

# Tip #2: Get Regular Screenings



- Seek preventive care early. It can save you time, money and increase your chances of surviving treatable diseases.
- TRICARE covers [clinical preventive services](#). Your doctor can help you decide what tests you need based on your age and risk factors. Important health screening tests for men include:
  - Blood Pressure Screening
  - Cardiovascular Screening
  - Colorectal Cancer Exams
  - Prostate Cancer Exams
  - Skin Cancer Exams
  - Testicular Cancer Exams
- Screenings and vaccinations are also covered as part of the annual [Health Promotion and Disease Prevention exams](#) for TRICARE Prime and TRICARE Select enrollees.



# Tip #3: Speak Openly with Your Provider



- Men are less likely to speak openly about their health with their health care provider.
- Talk honestly with your doctor to help prevent missed diagnoses, misdiagnoses, and unnecessary tests. Check out [examples of what you can discuss](#).
- Your primary care manager (PCM) can help you identify potential health concerns and assess your risk for developing certain health problems.
  - If you don't have a PCM or need help finding a doctor, visit [Find a Doctor](#) on the TRICARE website.
  - Rules for booking appointments are based on which plan you're using. Visit [Book Appointments](#) on the TRICARE website to learn more.



Source: Centers for Disease Control and Prevention. "Check-Up Checklist: Things to Do Before Your Next Check-Up." <https://www.cdc.gov/family/checkuplist/index.htm>. Accessed May 31, 2018.

# Tip #4: Make Healthy Lifestyle Choices



- Stay connected and [mentally well](#). Seek out friends, family and professional help if you're going through a hard time.
- If you're depressed, seek help. [Depressed men](#) may appear to be angry or aggressive rather than sad, making it more difficult to recognize symptoms.
- Get proper [sleep](#), physical activity, and nutrition. These are all key components of preventive health and day-to-day wellness.
- Take steps to [reduce stress](#) or learn to deal with stress in healthy ways. If you feel constantly on edge or under pressure, your lifestyle habits may suffer and so might your immune system.

Source: Centers for Disease Control and Prevention. "National Men's Health Week." <https://www.cdc.gov/features/healthymen/index.html>. Accessed May 25, 2018.

Source: National Institute on Mental Health. "Men and Depression." <https://www.nimh.nih.gov/health/publications/men-and-depression/index.shtml>. Accessed May 25, 2018.

# Tip #5: Minimize Risky Behavior



- **Don't smoke.** Smoking can cause conditions, such as heart disease and cancer. If you smoke or use other tobacco products, ask your doctor to help you quit.
  - TRICARE provides [tobacco cessation services](#) to help you quit tobacco.
  - [UCanQuit2](#) provides useful tips and tools.
- **Limit alcohol.** Drinking too much can contribute to poor health. If you choose to drink alcohol, do so in moderation.
  - Visit the TRICARE [Alcohol Awareness](#) page for information about alcohol and drinking responsibly.

# Resources



- Learn about TRICARE coverage for [clinical preventive services](#).
- Learn about TRICARE [mental health coverage](#). TRICARE covers medically and psychologically necessary mental health and substance use disorder care.
- Find information about [common cancers among men](#) from the Centers for Disease Control and Prevention.
- Check out the Military Health System [June spotlight](#) for more information on men's health issues and resources.



For more tips on healthy living, visit  
[www.tricare.mil/healthwellness](http://www.tricare.mil/healthwellness).

## **TRICARE HEALTHY LIVING TIPS**

