

## Men's Health Awareness Week: key numbers to identify

The upcoming week – June 10-17 is **Men's Health Awareness Week**, dedicated to help raise awareness and combat health problems that men don't discuss.

This year's Men's Health Awareness Week is focused on numbers. The numbers that men need to know about their health and the statistics that healthcare providers and policymakers know.

If you want to know your number better, here they are:



### 7 key numbers that men need to know:

- **37:** a waist size of **37** or more increases the risk of cardiovascular diseases, diabetes and cancer among men. Hence, cutting back on unhealthy foods can ensure that you keep your waist size in check
- **150:** all men should aim for at least **150** minutes of physical activity a week to keep health problems at bay. Exercise never hurts in the long run
- **5:** suggests that men should consume their meals in **5** portions daily, which include fruits and leafy vegetables. A balanced diet helps you maintain a healthy weight
- **14:** men with a drinking habit should not have more than **14** units of alcohol a week. Try cutting your consumption down
- **10:** on average, smokers die **10** years younger than non-smokers. Quitting to smoke is very important
- **120/80:** always maintain your blood pressure in the normal range. You can check your own blood pressure regularly at several locations and always have your cholesterol levels checked regularly as well
- **75:** did you know **75%** of recorded suicides are attributed to men (3 out of 4)? Stress is believed to be the major reason for such staggering stats, this is why keeping an eye on your stress levels is so important. This can easily be done by getting a [Stress Test](#) at your healthcare provider

### 5 key numbers for health care providers and policymakers to reach men effectively:

- **1 in 5:** the number of men that die before the age of 65
- **75%:** the number of premature deaths caused by heart disease, which include men
- **3 out of 4:** the number of recorded suicides committed by men. These stats emphasize the importance of regulating stress and checking your levels by having regular check-ups and diagnostic testing
- **3:** men in the unskilled work environments are **3** times more likely to commit suicide than men in senior management
- **10:** on average, well paid men live **10** years longer than less well-off men

### Bottom line:

There has never been a better time than Men's Health Awareness Week to heighten awareness about men's health issues. By knowing your numbers, you can improve your health. Let's spread these numbers as much as possible and make this week a success!

To improve accuracy, get real-time patient diagnostic information, enhance your efficiency and send your diagnosis to the proper healthcare provider in a timely way, use [PC-based Stress Testing ECG Systems today!](#)

What are you waiting for? [Request a demo today!](#)

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### About Nasiff

*Founded in 1989, Nasiff Associates is a medical technology company and leader in diagnostic cardiology medical devices including ECG/EKG devices and systems. The first company to produce a clinically useful PC-based CardioResting™ ECG, PC-based CardioStress™ (Stress ECG), CardioHolter™ (Monitor), CardioSuite® ECG System (all-in-one cardiology system consisting of Resting, Stress and Holter) and CardioVitals™. All products are developed and manufactured in the USA to maintain top quality control and unsurpassable customer care. All systems come complete with the Cardio Universal EMR Interface™. More information about Nasiff products can be found at [www.nasiff.com](http://www.nasiff.com).*