Choice Men's Health Points Out the Top Five Men?s Health Concerns

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Choice Men's Health, a leading men?s health clinic in Atlanta, GA, has recently published an article about the top five men?s health concerns, which are due to poor health education, lack of awareness, and unhealthy work and personal lifestyles. These common men?s health problems are: heart disease; COPD and respiratory diseases, suicide and depression, diabetes, and alcohol abuse. Another typical health concern they want to point out is erectile dysfunction (ED) which means the patients have problems achieving or maintaining an erection to have a healthy sex life. The article can be accessed at https://www.choicemenshealth.com/what-are-the-top-5-mens-health-concerns/.

According to the American Heart Association, one-third of men have some form of cardiovascular disease. Men under the age of 45 tend to have higher blood pressure than women, and this gap tends to even out as people age. Ways to mitigate some of these risk factors include sleeping seven to nine hours a night, taking standing breaks intermittently when sitting for long periods of time, and avoiding cigarettes.

Men, especially those who smoke, tend to have respiratory diseases that start with a ?smoker?s cough.? Over time, that cough can develop into life-threatening diseases like emphysema, lung cancer, or COPD. These are all conditions that make it difficult for the patient to breathe. According to the American Lung Association, more men have developed lung cancer compared to past years. It is important to note that while exposure to hazardous materials such as asbestos can increase a person?s risk of having lung cancer, smoking continues to be the top cause.

Men are also more prone to commit suicide than women, primarily caused by underdiagnosed depression in men. Men tend to hide their depression, leading to a higher chance of suicide. And men may experience depression because of anger, burnout, aggression, midlife crisis, risk-taking behavior, and alcohol and substance abuse.

Men are also more prone to have Type 2 diabetes than women, and around 30 percent of people with diabetes haven?t been diagnosed. This risk can be reduced by: exercising, not smoking, eating less processed foods, eating a healthy diet rich in fruits and vegetables, and reducing alcohol intake.

Additionally, men tend to have higher rates of deaths and hospitalization that are related to alcoholism compared to women. It has been estimated that 10 million American men have an alcohol use disorder. Drinking alcohol can lead to cancer of the mouth, esophagus, throat, colon, liver, and other health conditions. It may also interfere with hormone production and testicular function, resulting in infertility and impotence.

Meanwhile, ED can impact a man?s self-confidence and negatively affect his relationship with his partner. An existing physical problem may cause ED, such as obesity, heart disease, diabetes, high blood pressure, high cholesterol, low levels of testosterone, cancer treatment, and excessive drinking. Choice Men?s Health has been specializing in erectile dysfunction treatment for years. They recommend that men consult their medical professionals who can offer customized treatment plans that have helped thousands of men improve their sex life.

Choice Men's Health offers private and personalized treatments that are tailor-fitted to each individual. They want to emphasize that helping men improve their sexual health has to be customized because there are no one-size-fits-all treatment options. Their certified medical professionals will take the time to understand each individual fully and then design the best treatment protocol. They are committed to offering their patients the best possible treatment and results. They also understand how sensitive the topic of sexual health is, which is why their facilities are designed to ensure that patients feel completely comfortable and private during their visit.

Those interested in learning more about men?s health problems, particularly men?s sexual health, can check out the Choice Men's Health website or contact them via telephone or email. They are open from 9:00 am to 6:00 pm, Monday to Friday.

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For more information about Choice Men's Health, contact the company here:Choice Men's HealthDr. Katz(404) 400-3717info@choicemenshealth.com1945 The Exchange SE, Suite 435Atlanta, GA 30339

Choice Men's Health

At Choice Men's Health in Atlanta, Georgia, we provide customized treatment plans to help men achieve a healthy and active sex life. With our licensed medical professionals, we provide personalized ED Treatments and PE Treatment.

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