Choice Men's Health Offers Four Tips for Men?s Health Month

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Choice Men's Health, a men?s sexual health clinic in Atlanta, GA, has recently released a blog post that offers four tips for Men?s Health Month. June is Men?s Health Month, which is important because, according to the CDC, American men die five years earlier than women. And the top causes of mortality in men are heart disease, cancer, and injuries from accidents. Thus, it is a good idea to boost awareness of preventable health issues among boys and men, encouraging early detection and treatment of the illness. This particular blog post can be accessed at https://www.choicemenshealth.com/4-tips-for-mens-health-month/.

An important piece of advice is for men to keep a physically active lifestyle. This is important because most people spend too much time in front of the television at home and in front of the computer at work. Luckily, studies have indicated that adding just one physical activity to a person?s daily routine can significantly improve a man?s physical and mental health. It is not necessary to spend hours on a treadmill or in a gym but figure out what activities each individual finds enjoyable and can be added to their daily routine.

For example, men can take up walking, gardening, biking, swimming, golfing, and the like. Men can start doing the activity for at least 20 minutes a day and work up to 30 to 45 minutes or an hour daily. This increase in physical activity should also be combined with a healthy diet of nutrient-rich foods. This combination is expected to substantially reduce their chances of chronic conditions such as type 2 diabetes, heart disease, obesity, or hypertension.

It is also a priority for men to undergo health screenings to determine if they have certain risk factors, such as weight changes or family history for certain conditions. Screenings for thyroid disease, liver issues, diabetes, cholesterol, and anemia are frequently performed at the doctor?s office. Prostate exams also start when men reach the age of 40. Colonoscopies can also be suggested to evaluate the risk for colon cancer by the age of 50. Lung CT scans are also recommended for men ages 50 or more and smokers to screen for lung cancer. Routine checks for blood pressure, weight, and height also need to be done to ensure everything is within the

normal range.

And it is essential to note that using tobacco, alcohol, and narcotics can affect men?s health. Drug and alcohol use can result in conditions like cardiovascular disease and liver disease. And the CDC has noted that more men consume excessive amounts of alcohol than women. Men are also more likely to smoke cigarettes or cigars than women. And men have a higher propensity to misuse prescription drugs and consume more harmful narcotics than women.

Choice Men's Health has established its mission to provide private and personalized treatments that are custom-fitted to the specific needs of every individual. They want to stress that helping men enhance their sexual health has to be customized because there is no one-size-fits-all type of treatment. Their certified medical professionals will take the time to understand each case completely and then develop the most appropriate treatment protocol.

They are committed to providing the best possible treatment and results for their patients. And they also understand how sensitive the topic of men?s sexual health is, which is why their clinics have been specifically designed to ensure that patients are fully comfortable and private during their visits. And it is always their priority to provide what is required to help patients regain their sexual confidence and vitality.

People who want more details about men?s health problems, especially men?s sexual health, can visit the Choice Men's Health website or contact them through the telephone or via 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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