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MEN

How to Play Into Your Biology

Men and women are biologically very different. While general health guidelines remain the same for both men and women, (diet, exercise, tobacco cessation, sleep etc.) let's discuss some specifics men can focus on to boost their wellbeing.

People of both sexes are living much longer than they used to, but decade after decade, women continue to outpace men. Why are men falling behind in longevity?

Biological Factors

- Sex chromosomes
- Hormones
- Reproductive anatomy
- Metabolism

Prostate cancer, increased risk for high cholesterol, and heart disease all contribute to decreased life expectancy.

Social Factors

- Work stress
- Lack of social networks and supports

Work stress can increase risk for hypertension, heart attack and stroke. Women typically have larger more reliable social networks than men which help offset some of these stressors.

Behavioral Factors

- Risky behavior
- Aggression and violence
- Smoking
- Alcohol and substance abuse
- Diet
- Lack of exercise
- Lack of routine medical care

Male behavior is a large component for the health gap between men and women. Many of the factors listed below can be positively influenced through lifestyle choices and habit creation.

While these barriers may seem overwhelming, there's much you can do to play into your biology. The following are suggestions on how to close the health gap.

Exercise Regularly

As men age and testosterone declines, they lose muscle and bone density. A regular strength routine can help combat this change.

Reduce Stress

Stress is a large contributing factor in developing chronic disease and mental health issues. Get enough sleep, find a proper work/life balance, and make time for hobbies.

Get Regular Medical Check-Ups

You can't change your genetics, anatomy or hormones but going to the doctor regularly will help establish a routine and relationship with someone who can catch and questionable symptoms.

Reference

Harvard Health Publishing