MEN'S HEALTH:
PREVENTING THE TOP THREATS

According to the Mayo Clinic, the top causes of death among adult men in the U.S. are heart disease, cancer, unintentional injuries, chronic lower respiratory disease and stroke, according to the Centers for Disease Control and Prevention. The good news is that making a few lifestyle changes can significantly lower your risk of these common killers.

- **Don't smoke.** If you smoke or use other tobacco products, ask your doctor to help you quit. Avoid exposure to secondhand smoke, air pollution and chemicals, such as those in the workplace.

- **Eat a healthy diet.** Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, such as fish. Limit foods high in saturated fat and sodium.

- **Maintain a healthy weight.** Losing excess pounds — and keeping them off — can lower your risk of heart disease as well as various types of cancer.

- **Get moving.** Exercise can help you control your weight, lower your risk of heart disease and stroke and possibly lower your risk of certain types of cancer. Choose activities you enjoy, such as tennis, basketball or brisk walking. All physical activity benefits your health.

- **Limit alcohol.** If you choose to drink alcohol, do so only in moderation. That means up to two drinks a day for men age 65 and younger and one drink a day for men older than age 65. The risk of various types of cancer, such as liver cancer, appears to increase with the amount of alcohol you drink and the length of time you've been drinking regularly. Too much alcohol can also raise your blood pressure.

- **Manage stress.** If you feel constantly on edge or under pressure, your lifestyle habits may suffer — and so might your immune system. Take steps to reduce stress — or learn to deal with stress in healthy ways.