

June

MEN'S HEALTH MONTH



Conditions Impacting Men

While diseases can impact individuals indiscriminately, men encounter specific health challenges including prostate cancer, testicular cancer, and benign prostatic hyperplasia (BPH).

Mental Health

According to the Centers for Disease Control and Prevention (CDC), men are more likely to die by suicide than women. Men are also less likely than women to have received treatment for mental health in the past year. Knowing the signs of a mental disorder is the first step toward obtaining treatment for yourself or someone you love. Getting treatment as early as possible will increase its effectiveness.

Tests, Exams, and Screenings

In addition to visiting a doctor for illnesses or injuries, annual or bi-annual check-ups enable monitoring of diagnostic readings and potential treatment. Screenings and routine tests help detect chronic diseases, such as cancer, diabetes, and heart disease, as recommended by the National Institute of Health (NIH).

Find Support

Talking to your doctor and following up with regular check-ups is one of the best ways you can actively take charge of your health. Castlight can help you to find a doctor in your area and even schedule an appointment.

Call 1-800-681-6758 or visit mycastlight.com/mybenefits for more information.



Living ➤ **Well**

This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.

Our **HEALTHY**
KENTUCKY Home

#OurHealthyKYHome

[Our Healthy Kentucky Home – Our Healthy Kentucky Home](#)

TEAM
KENTUCKY
PERSONNEL CABINET

Kentucky Employees'
Health Plan

Sources:

- Medlineplus.gov. Prostate Cancer. <https://medlineplus.gov/ency/article/000380.htm>. Accessed 02/27/2025.
- Medlineplus.gov. Testicular Cancer. <https://medlineplus.gov/ency/article/001288.htm>. Accessed 02/27/2025.
- NIMH.gov. Men and Mental Health. <https://www.nimh.nih.gov/health/topics/men-and-mental-health>. Accessed 02/27/2025.
- HealthCare.gov. Preventive care benefits for adults. <https://www.healthcare.gov/preventive-care-adults/>. Accessed 02/27/2025.