June is Men’s Health Month, an ideal time for men to think about whether they are doing all they can to remain healthy and active. Accuracy in sharing information on some of the things men can do to protect their health. Each man should make time to have a conversation with his doctor to learn everything he can to maintain his physical and mental health.

**EXERCISE**

Understand what it means to have a healthy weight by knowing your Body Mass Index (BMI).

<table>
<thead>
<tr>
<th>BMI</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;18.5</td>
<td>Underweight</td>
</tr>
<tr>
<td>18.5-24.9</td>
<td>Normal weight</td>
</tr>
<tr>
<td>25-29.9</td>
<td>Overweight</td>
</tr>
<tr>
<td>30-34.9</td>
<td>Class I Obesity</td>
</tr>
<tr>
<td>35-39.9</td>
<td>Class II Obesity</td>
</tr>
<tr>
<td>40+</td>
<td>Class III Obesity</td>
</tr>
</tbody>
</table>

A man’s normal BMI should be between 18.5 and 24.9.

Anything below it is underweight and anything above 24.9 is considered obese.

Your healthcare provider may ask you to lower your BMI by exercising more often and increasing your food intake. If your BMI is in the overweight category, he may need to begin regular screening at age 45. If a man has a family history of colorectal cancer, he may need to begin regular screening at age 45. 

Men should get at least 50-300 minutes of moderate-intensity or 75-150 minutes of vigorous-intensity physical activity over the course of each week.

Discover your BMI in this simple equation: BMI = (weight in pounds ÷ 2.2) ÷ (height in inches x height in inches)

**DIET**

Limit the amount of red or processed meat you eat, eat at least 2.5 cups of fruit and vegetables a day, and opt for whole grains.

Consume no more than 2 alcoholic drinks a day.

**TAKE CARE OF YOUR MENTAL HEALTH**

Stress can place strains on blood pressure, heart rate, respiration, metabolism, and blood flow to muscles. These stresses can weakly develop into major or minor diseases like the influenza infections (headache, high blood pressure activities like journaling and tracking gratitude and accomplishments, finding balance, and practicing forgiveness can all reduce these adverse mental health.

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**KNOW YOUR FAMILY HISTORY, ETHNICITY-SPECIFIC AND GENDER-SPECIFIC RISKS**

-**Men's Risk of Having Cancer:**

  - Most side effects of radiotherapy, including radiotherapy delivered with Accuray systems, are mild and temporary, often resolve within 1-3 months following treatment. They can also include: higher testosterone levels, lower risk of some cancers, lower risk of cardiovascular disease, and a longer life.

  - Key benefits that result from men exercising can include: higher testosterone levels, lower risk of some cancers, lower risk of cardiovascular disease, and a longer life.

  - Be your own advocate and know your options.

**BE YOUR OWN ADVOCATE AND KNOW YOUR OPTIONS**

If he is at a higher-than-normal risk of developing cancer, he may need to begin regular screening at age 45. If a man has a family history of colorectal cancer, he may need to begin regular screening at age 45.

In 2020, the top 5 types of cases were:

- prostate cancer (16.7%)
- colorectal and rectum (9%) 
- lung (13%) 
- breast cancer (12.7%)
- melanoma (7%)

- Radiation treatments using Accuray CyberKnife®, Radixact® or TomoTherapy® System provide a non-surgical, non-invasive highly precise approach to which physicians can use to effectively control the cancer while minimizing the risk of potential side effects that can impact short- and long-term quality of life.

- Learn more today at CyberKnife.com | Radixact.com

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**Safety Statement for Radiation Treatment:**

- COVID-19 can be impacting your ability to schedule certain regular check-ups, such as PSA tests to screen for prostate cancer, so talk with your doctor about a plan or alternatives.

- Men are more likely to get prostate cancer, and more than twice as likely to die from it. They are also 3 times more likely to go to prostate cancer, and more than twice as likely to die from it.

- In 2020, prostate cancer was the second most commonly diagnosed cancer among men (239.9 per 100,000).

- For more details about the side effects of your radiation therapy, and if treatment with an Accuray product is right for you, ask your doctor.

- Men in the U.S. have died by suicide 3.6x more often than women in 2020.

- They are also 3 times more likely to get prostate cancer, and more than twice as likely to die from it.

- For more details about the side effects of your radiation therapy, and if treatment with an Accuray product is right for you, ask your doctor.

- Talk to someone if you need help - call the National Suicide Prevention Lifeline call 1-800-273-TALK (8255).