Men's Health: 
Getting to the Heart of the Matter

Here, at what age should you start paying attention to your health, particularly your heart health? Heart 
problems are on the rise. So, it's wise to take a more active role in your heart health today. The 
experts at NorthShore University HealthSystem explore some surprising men's health facts and figures 
and share easy, at-home ways to gauge and improve your heart health and wellness.

Men vs. Women: 
A Surprising Heart Comparison

Men! It's Time to Take Care of Your Heart

1 in 4 
men have some form 
of heart disease.

Before age 55, men are far more likely 
than women to have uncontrolled 
high blood pressure.

The first heart attack occurs, on average, at age 66 for men 
versus 70 for women.

120/80

Eat less 
saturated fats and sodium.

Under Pressure?

Systolic 
(pumping)

Diastolic 
(filling)

Act now! Symptoms of high blood pressure, or hypertension, generally surface only after the 
disease has damaged vital organs.

Normal blood pressure is less than or equal to:

Prehypertension
120/80 - 140/90

Hypertension
140/90 - 160/100

Normal
120/80

Stage 2 Hypertension
160/100+

Eat more 
fruits, veggies and 
low-fat dairy.

Exercise 
30 minutes, 
4 to 6 days per week.

Belly Fat Is No Laughing Matter

Belly fat is more common in men than women 
and begins earlier in age. Studies have shown fat located in the abdomen 
breaks down more easily into fatty acids that flow to other 
areas and organs of the body. Here's what happens:

This can lead to diabetes, heart 
disease and more. Risks also 
include high blood pressure, 
stroke and heart attack.

Blood sugar gets out of 
balance. Fats and clots get 
into the bloodstream.

Insulin becomes less effective 
in controlling blood sugar.

This increases the production 
of ‘bad’ cholesterol and triglycerides. These break down into 
fatty acids.

Belly fat creates hormones 
and inflammatory substances.

Nearly 3 out of 4 men 
and 2 out of 3 women are considered 
to have an unhealthy waist.

Belly fat creates hormones 
and inflammatory substances.

Does Your Belly Need a Trim?

Sources
northshore.org          cdc.gov          webmd.com          scientificamerican.com          fasinfat.org