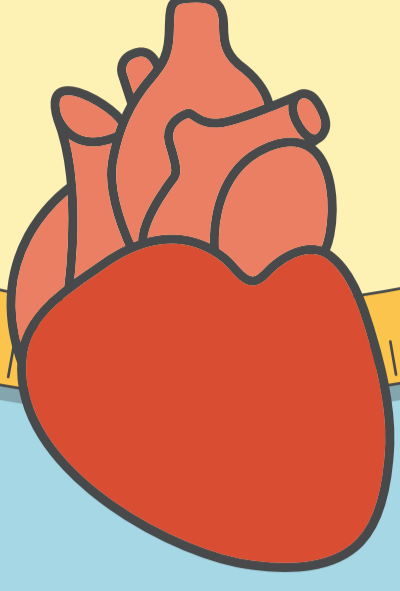


## Men's Health: Getting to the Heart of the Matter

Men, at what age should you start paying attention to your health, particularly your heart health? Now!

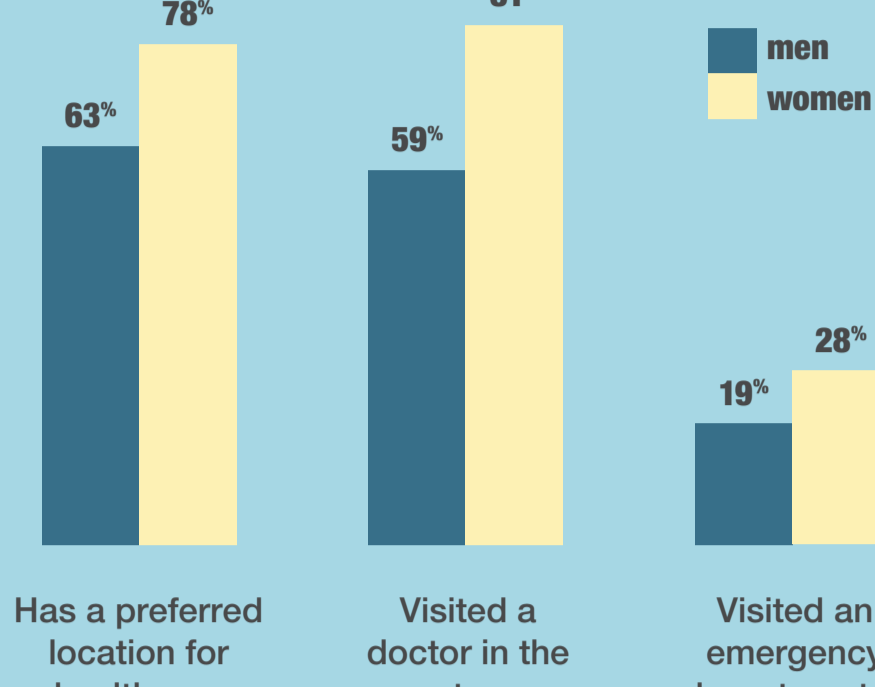
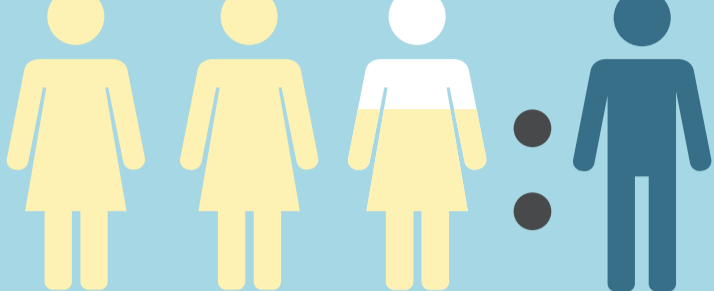
Whether you're in your 20s, 30s, 40s or 50s, take a more active role in your healthcare today. The experts at NorthShore University HealthSystem explore some surprising men's health facts and figures and share easy, at-home ways to gauge and improve your heart health and wellness.



### Men vs. Women: A Surprising Health Comparison

By age 85, women outnumber men

**2.6:1**



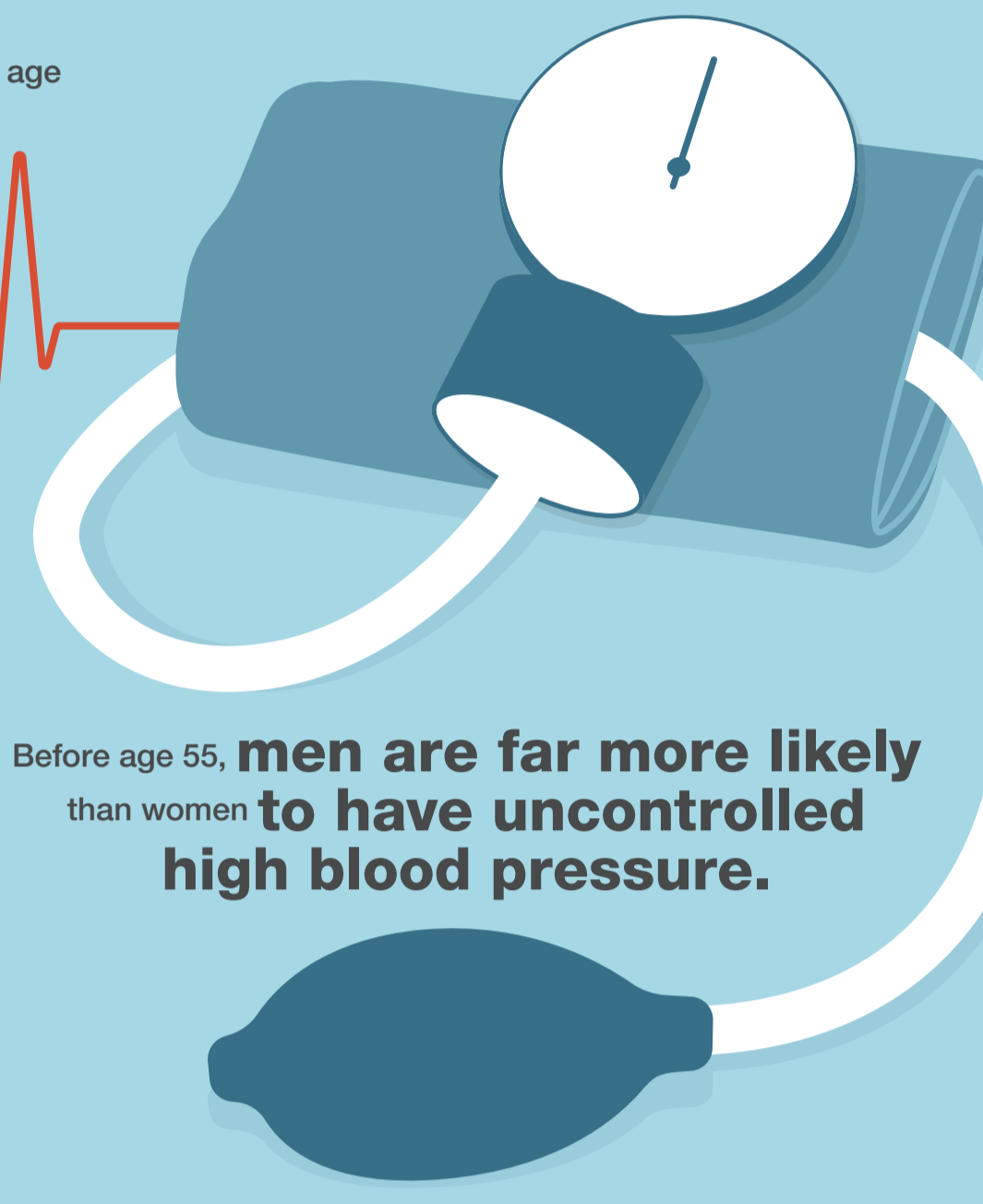
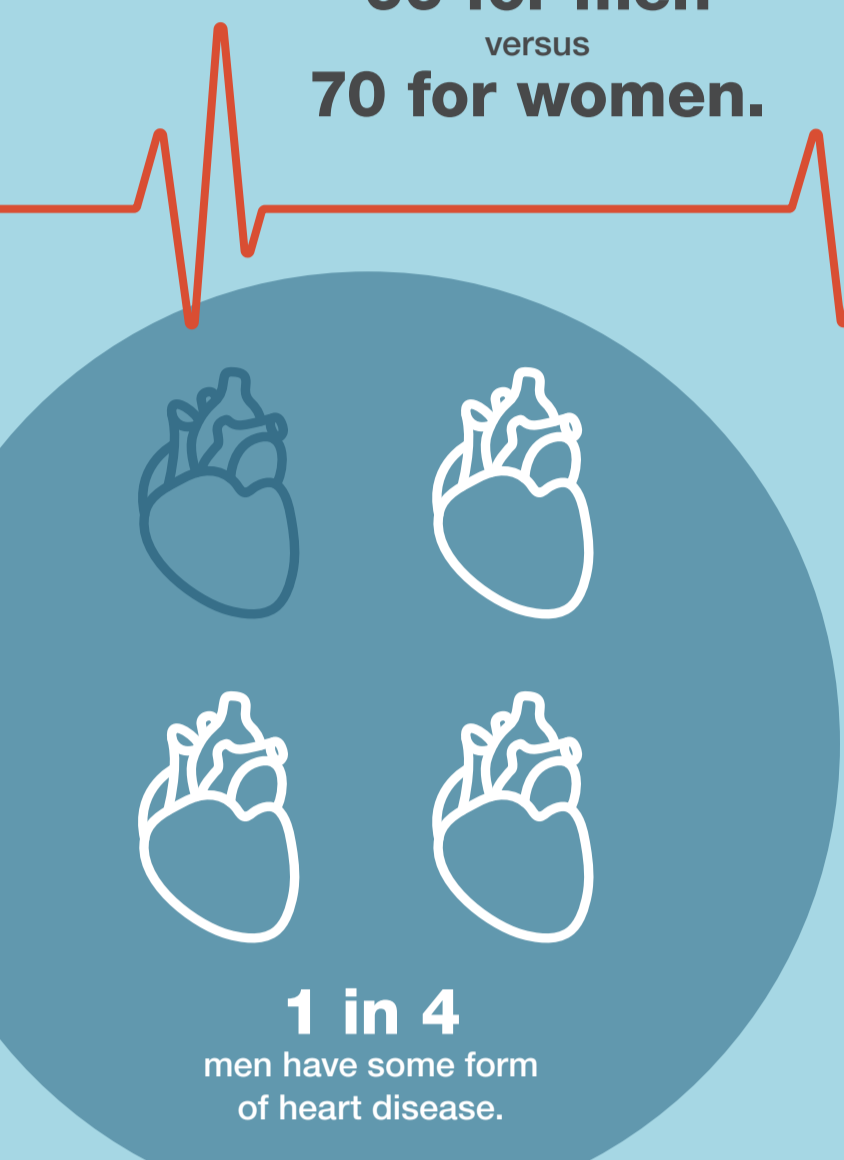
### Men! It's Time to Take Care of Your Heart

The first heart attack occurs, on average, at age

**66 for men**

versus

**70 for women.**



### Under Pressure?

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:

**120/80**

**Systolic**  
(pumping)

**Diastolic**  
(filling)



### Lower Your Blood Pressure:

**Eat more**



fruits, veggies and low-fat dairy.

**Eat less**



saturated fats and sodium.

**Exercise**



30 minutes, 4 to 6 days per week.

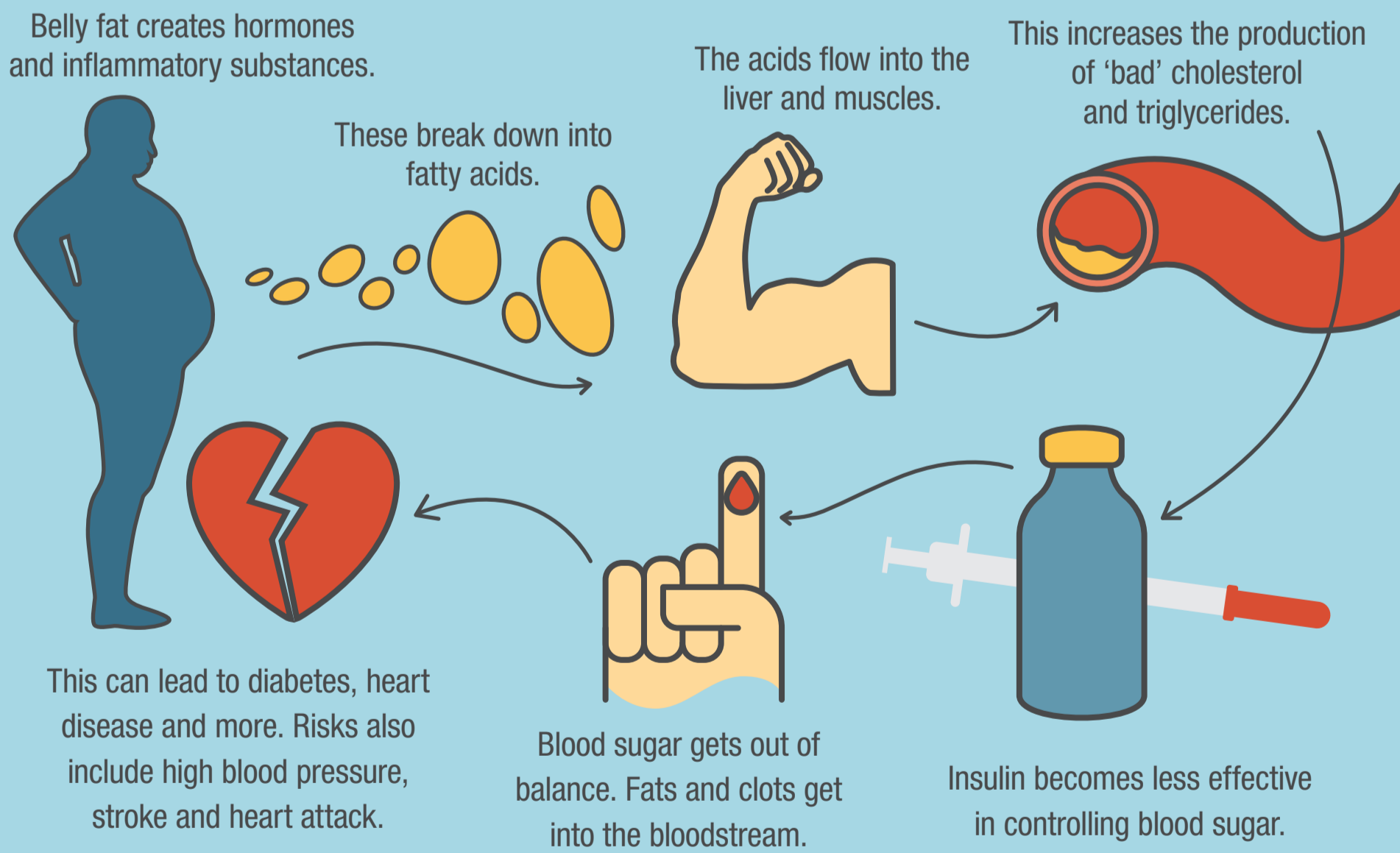


**Nearly 3 out of 4 men**

over the age of 20 are considered to be overweight or obese.

### Belly Fat Is No Laughing Matter

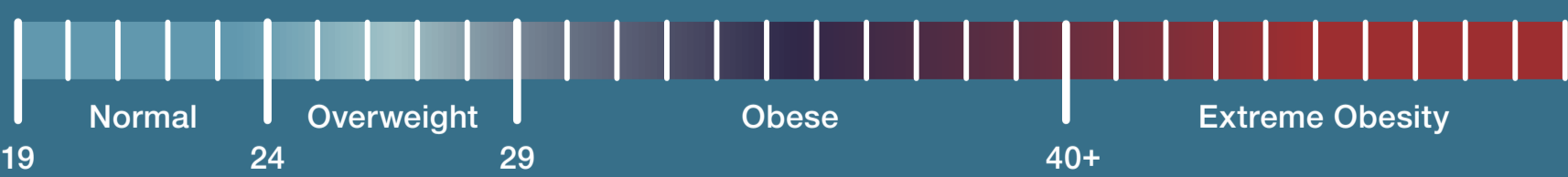
**Belly fat is more common in men than women** and begins earlier in age. Studies have shown fat located in the abdomen breaks down more easily into fatty acids that flow to other areas and organs of the body. Here's what happens:



### Body Mass Index

Measures body fat based on height and weight.

$$BMI = \left( \frac{\text{weight in pounds}}{(\text{height in inches}) \times (\text{height in inches})} \right) \times 703$$



### Does Your Belly Need a Trim?

The ideal circumference:

**<35"**  **<40"** 

Use a tape measure to measure your waist circumference. Bring the tape measure all the way around your waist, level with your belly button. Make sure it's not too tight and that it's straight. Don't hold your breath while measuring.

### Sources