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## **Oklahoma HMO shares information for National Men's Health Month**

*One in five men estimated to die before age 65*

**OKLAHOMA** – Men over the age of 50 face a set of unique diseases, which may threaten their health, according to Harvard Medical School. With men less likely than women to see a doctor for regular checkups, National Men's Health Month takes place each June. This event raises awareness of preventable health problems. It also encourages early detection and treatment of diseases common among men.

This month, GlobalHealth, an Oklahoma-based health insurance provider, is providing education to encourage Oklahoma's senior men to take control of their health.

“We want to help aging men live longer and healthier lives,” said Devin Wilcox, executive director of clinical services at GlobalHealth. “On average, men in the U.S. die 5.6 years earlier than women. They also die at higher rates from nine of the top 10 leading causes of death.”

GlobalHealth is sharing information to help Oklahoma men seek regular medical advice and early treatment for disease and injury.

**What are some health concerns for older men?** According to the Centers for Disease Control and Prevention, heart disease is the leading cause of death for men in the U.S. Stroke is another serious health concern, as it is more common in men than women until age 75.

**How can older men have a healthy lifestyle?** Men over the age of 50 can reduce their risk of heart disease, high blood pressure and diabetes by practicing healthy habits. It is important to eat a healthy diet, be physically active and limit alcohol and smoking.

**What health screenings are available?** There are several screening options available, based on family and personal health history and lifestyle habits. Blood pressure, cholesterol, prostate cancer and colon cancer are some common screenings. Senior men should consult their primary care physician about what screenings to have and how often.

**About GlobalHealth**

GlobalHealth is changing health insurance in Oklahoma. As an industry leader, GlobalHealth is an Oklahoma-based health maintenance organization covering individuals in all 77 Oklahoma counties. Working proactively with its members, GlobalHealth engages a personalized management plan to address their specific needs and ensure the best possible health outcomes. GlobalHealth utilizes cutting edge, predictive data technology as a foundation to deliver improved healthcare as part of its commitment to making health insurance more affordable. Its membership includes state, education and municipal employees, federal employees, and individuals who are eligible for Medicare. To learn more, visit [www.GlobalHealth.com](http://www.GlobalHealth.com).

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