

[IMAGE]

## Top 10 Health Threats for Men

By Editorial Staff

On average, women outlive men by roughly five years! According to the Centers for Disease Control and Prevention, in 2003, life expectancy for men was 74.8 years as compared to 80.1 years for women. Here are the top 10 leading causes of death for men:

<b>RANK</b>	<b>CAUSE</b>	<b>PERCENTAGE OF MALE DEATHS</b>
1	Heart disease	28.0
2	Cancer	24.0
3	Unintentional injuries	5.9
4	Stroke	5.1
5	Chronic obstructive pulmonary disease	5.1
6	Diabetes	2.9
7	Influenza and pneumonia	2.4
8	Suicide	2.1
9	Kidney disease	1.7
10	Alzheimer's disease	1.5

The upside is that most of these killers are preventable through awareness and taking proper health precautions. You already know what to do - don't smoke, limit alcohol consumption, eat plenty of fruits and vegetables, exercise, and get early cancer screenings and regular checkups. And of course, that includes chiropractic care. Taking care of yourself now means a brighter future for you and your loved ones.

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