



BHC NEWSLETTER

905-790-7342

News from our Family to yours...

Jun 2024 Issue

June is...

Men's Health Month

Canada & The United States recognize June as Men's Health Month, to raise awareness on the studied health conditions in which men are predisposed to developing earlier, faster, or in comparison to women. According to Indiana University School of Medicine, only 60% of men go to the doctor annually, and 40% won't go at all unless something is seriously wrong.

Statistically...

- The overall mortality rate is 41% higher in men than women
- 31% of men suffer from depression, but only 7% talk to a mental health professional
- Erectile dysfunction affects nearly 30 million men of all ages

The Importance of Social Connection

Alike to hearing, social connections are essential to our overall health and well-being. In fact, The US Surgeon General issued an advisory in 2023 on the epidemic of loneliness and isolation. Men are less likely than women to consult with a friend, family or professional regarding their mental health state.



hearing care with a personal touch!

BHC NEWSLETTER

905-790-7342

Jun 2024 Issue

Insider Exclusive

According to the Canadian Men's Health Foundation, this checklist can help identify warning signs of chronic stress and anxiety:

- Excessive Worrying
- Irritability
- Doubting Yourself
- Binge Drinking
- Avoidance
- Sleep Disruption
- Digestive Changes
- Fatigue



BE A PART OF THE CONVERSATION

Contact us to schedule your next hearing assessment, so you too, can maintain close connections to your family and friends.

905-790-7342

info@bovairdhearingclinic.ca

hearing care with a personal touch!