



Men's Health: Heart Disease in Men

Heart disease remains the leading cause of death in men. Symptoms often appear late. Early metabolic signals provide warning years in advance. Acting early saves lives.

Insulin resistance, high triglycerides, hypertension, and inflammation damage coronary vessels silently. Erectile dysfunction, fatigue, and reduced exercise tolerance may be early signs.

Labs often reveal risk long before symptoms emerge.

Aggressive early lifestyle intervention slows plaque formation and preserves heart function.

01 Is This Your Story?

A man dismisses fatigue and mild ED as aging. Labs later reveal multiple metabolic risk markers. When addressed early, cardiovascular progression slows and quality of life improves.

02 Try This Today

Measure: Review blood pressure, lipids, and glucose together.

Do: Begin consistent cardiovascular activity this week.

Reflect: Ask whether heart health is being monitored proactively or reactively.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

