MedChi
The Maryland State Medical Society

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MEDCHI URGES MARYLAND MEN TO PRIORITIZE PREVENTIVE CARE AND TAKE CHARGE OF THEIR HEALTH

BALTIMORE, November 24, 2026 – MedChi, The Maryland State Medical Society, is using National Men's Health Awareness Month as an important opportunity to remind Maryland men that taking care of their health should be a priority throughout the year. MedChi encourages men to establish relationships with their physicians, schedule routine checkups, understand their individual health risks, and take proactive steps toward preventing serious illness.

In 2023 the Maryland Department of Health reported 6,221 Maryland men died from heart disease, making it the leading cause of death among men in the state. Additionally, diabetes accounted for 992 male deaths in Maryland that year. Prostate cancer also remains a significant concern, with Maryland averaging approximately 618 prostate cancer deaths annually between 2019 and 2023.

These numbers highlight the importance of preventive healthcare and early detection. Conditions such as high blood pressure, high cholesterol, and diabetes may develop without noticeable symptoms, making regular medical visits essential for identifying potential health concerns before they become more serious.

Commit yourself to a healthy lifestyle - exercise at least 3 times a week, eat well, drink only in moderation, avoid tobacco, vapes, and illicit drugs, and rest. You only have one body - take care of it! “Too often, men put off medical appointments, ignore symptoms, or prioritize the needs of others over their own health,” said Dr. James M. Williams, MedChi President. “Routine checkups and conversations with a physician can help identify health risks early, when interventions may be most effective. We encourage Maryland men to take an active role in their healthcare and make their health a priority.”

MedChi encourages men to take the following steps to protect their health:

- **Schedule regular checkups:** Establish an ongoing relationship with a primary care physician and discuss personal and family health history.
- **Know your numbers:** Monitor blood pressure, cholesterol, and blood glucose levels to identify potential risk factors for heart disease and diabetes.
- **Discuss cancer screenings:** Talk with a physician about prostate and colorectal cancer screening based on age, family history, and individual risk factors. Colorectal cancer screening is generally recommended beginning at age 45 for average-risk adults.
- **Prioritize mental health:** Seek support for depression, anxiety, stress, or other mental health concerns. Mental health is an essential part of overall well-being.
- **Adopt healthy habits:** Maintain a balanced diet, stay physically active, get adequate sleep, avoid tobacco, and limit alcohol consumption.

Men may be more likely to delay seeking medical attention, but recognizing symptoms and addressing health concerns early can make a meaningful difference. Open communication between patients and physicians is essential to identifying risks, managing chronic conditions, and improving long-term health outcomes.

“Men's health is not just about treating illness when it occurs; it's about preventing disease, recognizing warning signs, and making informed decisions throughout every stage of life," added Dr. Williams. "We want Maryland men to understand that prioritizing their health is one of the most important investments they can make in their future."

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit www.medchi.org.