

Health Resource:

Men's Health in Virtual Care



Around the world, men consistently live shorter lives than women.¹ In Canada, the average life expectancy for men is almost 4 years shorter than their female counterparts.² This disparity is underpinned by many different biological, cultural, and environmental factors.

Testosterone plays a vital role in promoting and maintaining healthy body functioning, however the influence of testosterone on risk-taking behavior poses unique health implications for men.³ In fact, accidents are the leading cause of death in Canadian men under 50.²

For men over 50, cancer and heart disease pose the greatest threat to health as the leading causes of death in Canada.² Heart disease is known to impact men earlier in life, with 4x more men aged 25-44 suffering from heart attacks than women of the same age.⁴ While this discrepancy is partially explained by estrogen's protective role in heart disease in women, there are other lifestyle factors more commonly seen in men that contribute to their greater overall risk. For example, rates of obesity, smoking and poor diet are all higher in Canadian men than women.³

Men's Health Topics and Coverage Areas:

- Heart Health
- Sexual Health
- Prostate Health
- Cancer

Want to learn more?

Refer to the full health guide for additional details:

**Men's Health in Virtual Care:
A Practical Guide for Every Stage of Life**

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1. "Life Expectancy at Birth (Years)." World Health Organization, World Health Organization, 2023, [www.who.int/data/gho/data/indicators/indicator-details/GHO/life-expectancy-at-birth-\(years\)](https://www.who.int/data/gho/data/indicators/indicator-details/GHO/life-expectancy-at-birth-(years))
2. Government of Canada, Statistics Canada. "Life Expectancy and Deaths Statistics." Government of Canada, Statistics Canada, 18 Feb. 2022, www.statcan.gc.ca/en/subjects-start/health/life_expectancy_and_deaths.
3. Goldenberg, S. Larry. "Status of Men's Health in Canada." Canadian Urological Association Journal, vol. 8, no. 7-8, 2014, p. 142, <https://doi.org/10.5489/cuaj.2308>.