

Don't be too macho for your own good

Men typically suffer more serious illnesses and die at a younger age than women. You wouldn't know it by looking at the average doctor's waiting room, though. Men don't report as many symptoms as women do, and they let a problem go further before they seek medical help.

If you have a tendency to ignore or downplay physical or emotional problems, or exhibit other kinds of self-destructive, "macho" behavior, make a conscious effort to change. Here's how:

- Pay attention to pain and discomfort. If you're sick or injured, see a doctor.
- Take safety precautions at work, home, or when you drive.
- Balance work and play.
- Don't stifle feelings of compassion and sensitivity.
- Learn to express your feelings without losing your temper.
- Don't feel compelled to compete all the time.
- If you experience emotional problems, consult a professional counselor.

