

## Introduction word: Men's Health Journal (MHJ)

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Men's health is globally a relatively new debate that has attracted academic communities from the 1990s in identifying, preventing and treating specific conditions and men's common diseases.

When it comes to prevention and early detection, as a result of men's invincibility feeling and attitude, men's health often takes a back seat to women's health. Researches, however, show that compared to women, men are more likely to smoke; they face more traffic accidents, higher incidences of cancers and generally lead less healthy lifestyles. In addition, men are more likely to put off routine checkup and also delay seeing a healthcare provider for symptoms of a health problem. Compared to working-aged women, and while men face more occupational and environmental toxic effects and stress, working-aged men are less likely to have regular health checkup and be covered by health insurance.

Fortunately, many of the health conditions and diseases that men face can be prevented or treated - if detected early. In order to start taking better care of their health, it is vital for men to understand their risk factors and how they can improve their overall health. The most common conditions affecting men - pros-

tate, testicular, and colon cancer, and osteoporosis later in life - have important nutritional implications.

In addition to above, Men's health priorities include: Cardiovascular disease, Cancers, Obesity, High blood pressure, Smoking, Accidents and injuries, Addiction, Dementia, Andropause, HPV, Chronic diseases, Infectious diseases, Vitamin D. deficiency and etc., while many of them can be prevented.

Although enjoying a good health condition is a prerequisite for having a happy and joyful life, unfortunately, men's health is not the first priority of most men.

Neglecting the issue of men's health creates considerable costs and suffering, which in addition to affecting the quality of life of men, will have an important impact on those around them. Increasing the age of women's life expectancy has led them to constantly witness the illness and death of their fathers, brothers and their husbands, Therefore, men's health is extremely crucial for the health of society.

Consequentially, this has led to the announcement of the men's health day and week in many countries of the world.

In Iran since 2006 The first week of the last month of solar year was designated as the Men's Health Week<sup>1</sup>, with the aim of sensitizing the community , explaining the cultural status of health and creation of a culture of attention to pre-ill health, as well as the development of inter-departmental collaboration for early prevention and early diagnosis of asymptomatic high risk illnesses In men, along with increasing the access of men to health information through media and free counseling , Examining if needed and training in order to promote men's health.

Considering the importance of men's health in accordance to policy makers' and scientific communities' opinion in different countries as

a result of research development, publications and scientific productions in this field, it is necessary to publish the outcome of these researches and articles.

Thus, according to personal interest in the men's health and its foundation in Iran, as well as the main mission of our Research Center<sup>2</sup> and the necessity of focusing different specialists on this issue, we decided to offer the Men's Health Journal. We hope by the participation of interested scientists and researchers in the field of Men's health around the world, we will observe the wide contribution of different specialists who are interested in promoting men's health in the world.