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Americans are living longer than ever, but American men still aren't living as long as American women. The average life expectancy for men in the US is now roughly 75 years.

For Men: Tips for Good Health in Later Life

Fitness How to Make the Most of Your Foam Roller Trainer Charlee Atkins teaches her clients to chill out on the aggressive rolls and try this smooth move instead.

Fitness - Men's Health

about them and what is best for you. The USPSTF does not advise for or against routine screening in men younger than age 75. The USPSTF concludes that there is currently not enough information to make a recommendation regarding screening. However, they do advise against screening men who are age 75 or older.

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