

Men's Health Education, Awareness, and Outreach

Men's Health Network
Reaching men and boys where they
live, work, play, and pray
www.menshealthnetwork.org

Education and Outreach

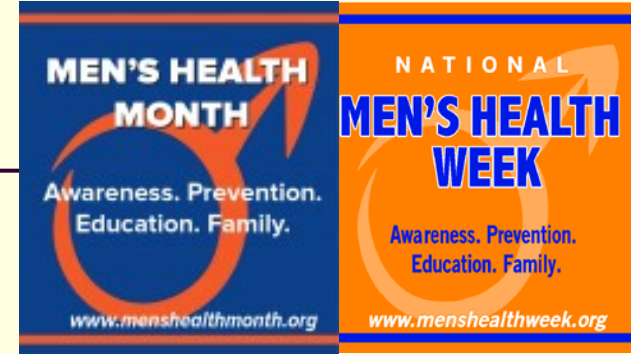
- Men's Health Network (MHN)

- A national DC based non-profit organization, founded in 1992, whose mission is to reach men and their families where they live, work, play, and pray with health prevention messages and tools, screening programs, educational materials, advocacy opportunities, and patient navigation.

- Reaching Men, Boys, and Their Families

- Social Media
- Men at Work
- Healthy Sunday
- Community Partnerships
- Sports/Entertainment
- Media Campaigns
- Screenings
- Surveys
- Conferences and Symposia

Awareness



■ Men's Health Month

- June each year (www.MensHealthMonth.com)

■ Men's Health Week (Week ending on Father's Day)

- A special awareness period created by Congress in 1994
- Bob Dole & Bill Richardson in collaboration with MHN
- Signed into law by President Clinton

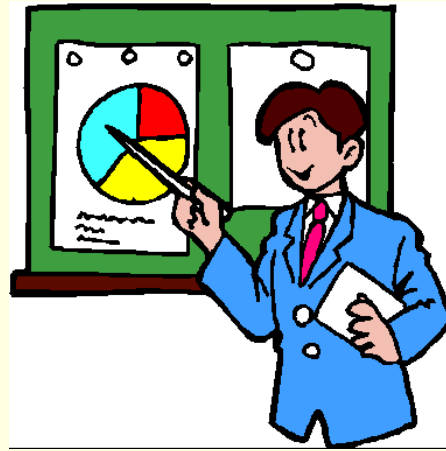
- Over 250 Governors and Mayors proclaim Men's Health Month or Men's Health Week

■ International Men's Health Week

■ Congressional Health Events

■ Testicular Cancer Awareness (April each year)

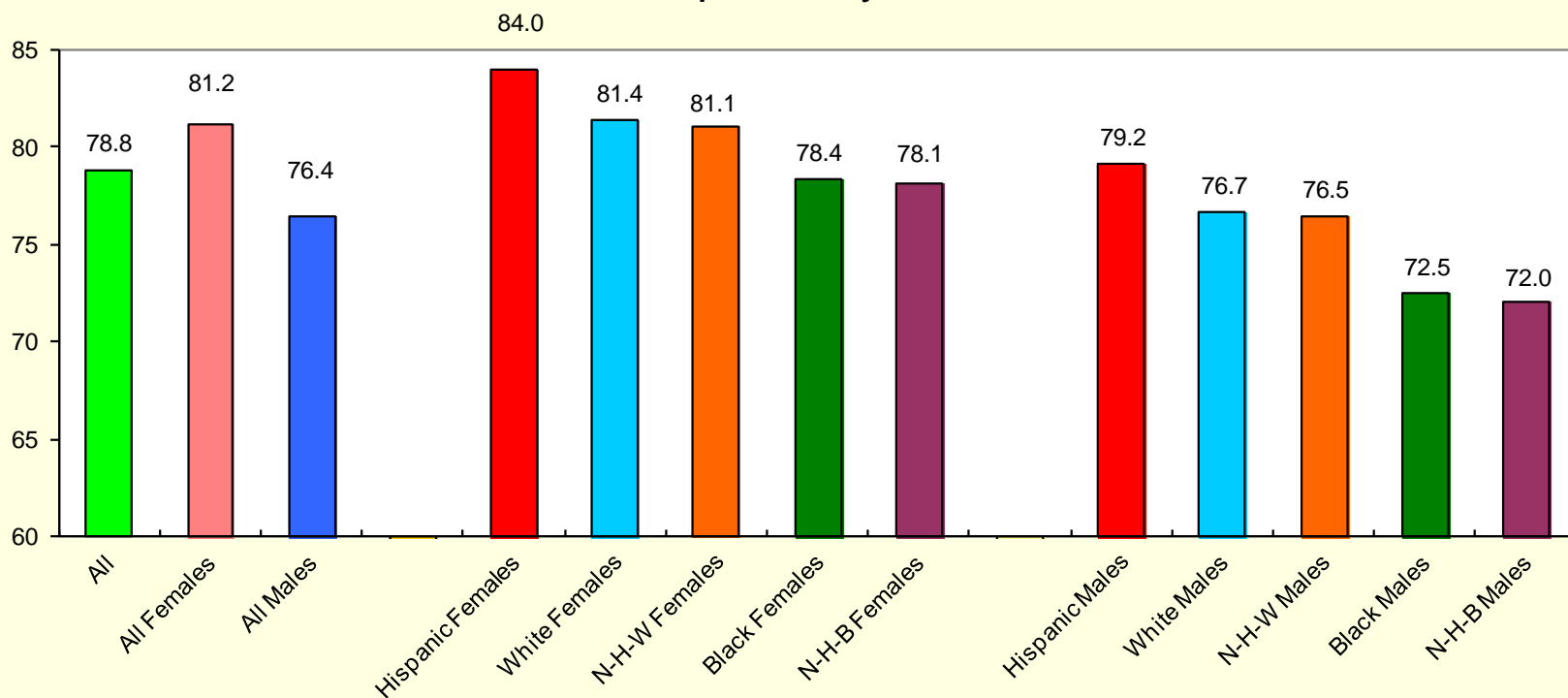
■ Prostate Cancer Awareness (September each year)



Men's Health : The Facts

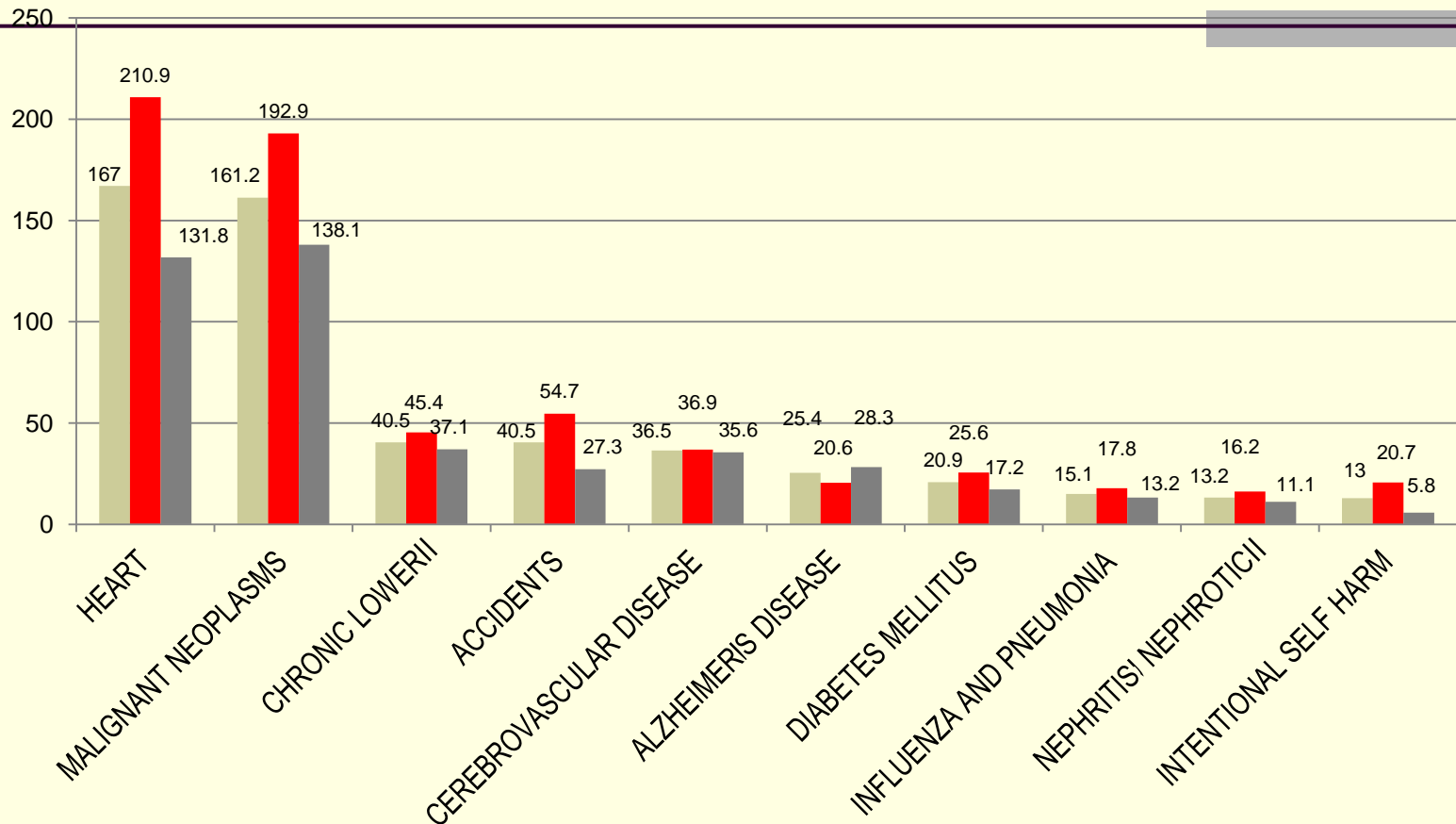
Current State of Men's Health

Life Expectancy 2014



- Men are half as likely to see a health care provider for a physical exam as women.
- Men are more likely to be uninsured than women.
- Men are dying at higher rates than women for 9 of the top 10 causes of death.

Current State of Men's Health



Death Rate, Both sexes, All ages – Death Rate, Male, All Ages – Death Rate, Female, All Ages
 VALUES ON NEXT SLIDE

Top 10 causes of death for 2014, age adjusted death rate per 100,000 populations.

Source: National Center for Health Statistics. Health, United States, 2015. Hyattsville, MD. 2015. Retrieved June 3, 2016

Current State of Men's Health

Disease	Death Rate, Both sexes, All Ages	Death Rate, Male, All Ages	Death Rate, Female, All Ages
Heart	167.0	210.9	131.8
Malignant Neoplasms	161.2	192.9	138.1
Chronic lower respiratory disease	40.5	45.4	37.1
Accidents	40.5	54.7	27.3
Cerebrovascular disease	36.5	36.9	35.6
Alzheimer's disease	25.4	20.6	28.3
Diabetes mellitus	20.9	25.6	17.2
Influenza and pneumonia	15.1	17.8	13.2
Nephritis, nephritic syndrome	13.2	16.2	11.1
Intentional self harm	13.0	20.7	5.8

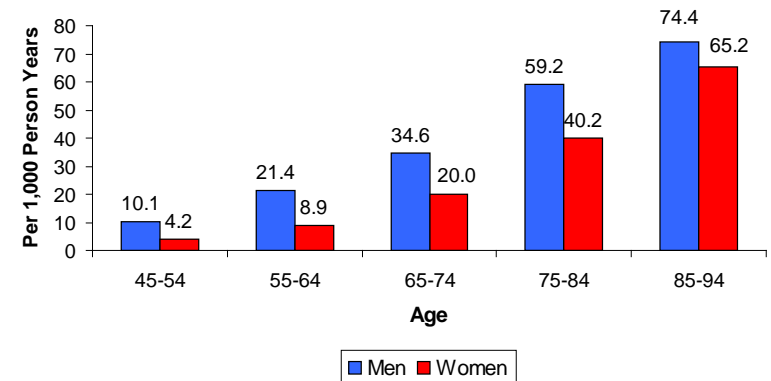
Top 10 causes of death for 2014, age adjusted, with death from diseases of the liver, suicide, and homicide also illustrated.

Source: National Center for Health Statistics. Health, United States, 2015. Hyattsville, MD. 2015. Retrieved June 3, 2016

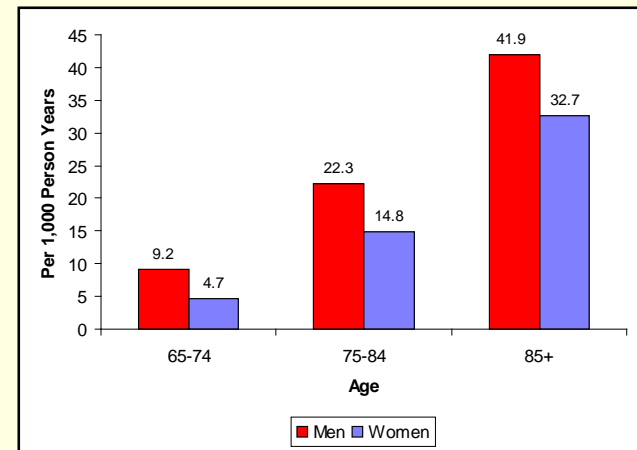
Cardiovascular Disease

Approximately 450,000 men die of cardiovascular disease each year.

- Leading killer of men and women among all ethnic groups.
- Approximately one in three adult men have some form of cardiovascular disease.
- A man suffering from cardiovascular disease may have Erectile Dysfunction (ED) as a symptom.



Incidence of CVD by age and sex. Source: NHLBI



Incidence of heart failure by age and sex. Source: NHLBI

Diabetes

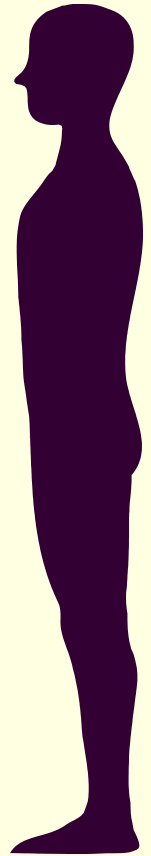
Diabetes is a leading cause of heart disease, strokes, kidney failure, blindness and amputations.

- 12 million American men aged 20 years or older have diabetes.
- Diabetes affects the body's ability to turn food into the energy it needs to function.
- Diabetes contributes to the deaths of over 200,000 Americans each year.
- People with diabetes are more than 2X as likely to develop heart disease or die from a heart attack.
- People diagnosed with diabetes have medical expenditures that are 2-3 times higher than patients without diabetes.
- A man suffering from diabetes may have Erectile Dysfunction (ED) as a symptom.

Cancer

According to the American Cancer Society, the approximate lifetime risk of developing cancer is 1-in-2 for men.

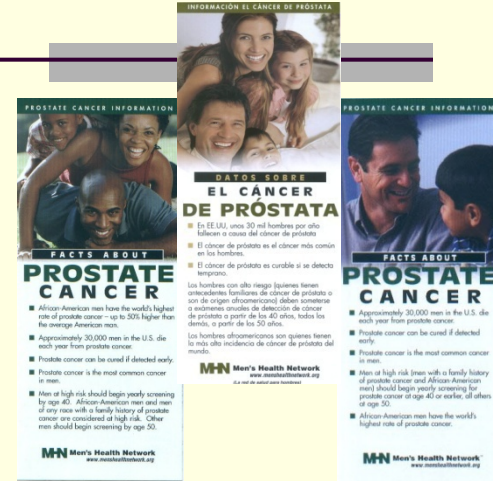
- There are over 310,000 cancer related deaths in American men each year.
- Over the course of a lifetime, 1 in 2 men and 1 in 3 women will get cancer.
- Prostate cancer is the most common cancer in American men.
- Lung cancer is the most common fatal cancer in American men.
- Cancer can strike anyone, at any age, but the majority of cases happen to men 55 and over.



Prostate Health

Prostate and skin cancer continue to be the most common cancers in American men.

- BPH (prostate enlargement)
 - A progressive condition which leads to:
 - frequent urination,
 - decreased urine stream,
 - difficulty or pain while urinating, or
 - a feeling of incomplete emptying of the bladder
 - Affects half of men over age 50
 - Affects about 90% of men by age 80
 - Less than 50% of those men are diagnosed
 - Less than 20% of men are being treated
- Prostate Cancer
 - Prostate cancer is the most common cancer in American men
 - Younger men may be more likely to have an aggressive form of prostate cancer
 - 1 in 7 men born today will be diagnosed in their lifetime
 - More than 160,000 men are diagnosed each year
 - Approximately 27,000 men die of prostate cancer each year.
 - African-American men are at increased risk
- Prostatitis
 - Inflammation of the prostate that may be caused by an infection



Prostate Cancer

2009-2013 <https://statecancerprofiles.cancer.gov/deathrates/deathrates.html>

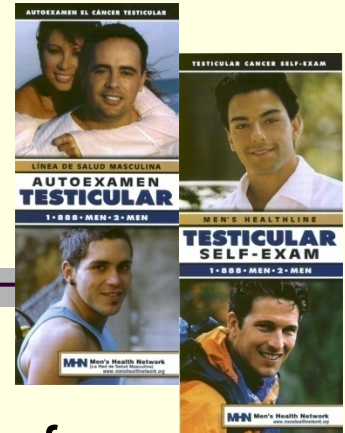
Prostate and skin cancer continue to be the most common cancers in American men.

Race	Rate ^[1]	Deaths ^[1]
White (includes Hispanic)	19.1	22,664
White Non-Hispanic	19.2	21,122
White Hispanic	17.7	1,506
Black (includes Hispanic)	44.2	4,686
Hispanic (any race)	17.1	1,555
Amer. Indian/Alaskan Native (includes Hispanic)	15.0	123
Asian or Pacific Islander (includes Hispanic)	9.1	436

^[1]Age-Adjusted Death Rate, deaths per 100,000 (95% Confidence Interval)

^[2] Average Deaths Per Year

Testicular Cancer



- Testicular Cancer is the most common form of cancer of men between the ages of 15-39
- Risk Factors include:
 - Undescended testicle(s), even if corrected
 - Family history
 - White Men are more likely to get Testicular Cancer than Hispanic, Asian-American, and African-American men
- Testicular cancer is less common among older and middle aged men

Sexual Health

- Your sex life is a reflection of your overall health – the healthier you are, the better it will be.

- Erectile Dysfunction (ED)
 - Caused by heart disease, diabetes, certain medications, lifestyle, or other problems.
 - 30 million American men experience ED
 - Cardiovascular Disease and Diabetes

- Sexually Transmitted Infections (STIs / STDs)
 - The more sexual partners you have, the greater your risk of getting an STI.
 - Over 19 million new cases are diagnosed each year
 - HIV/AIDS Chlamydia Gonorrhea Syphilis ...and more....

Mental Health



- Mental health is the psychological well-being and satisfactory adjustment to society and to the ordinary demands of life.
- Stress – Anxiety – Depression
- Factors Affecting Your Mental Health
 - Death of a loved one
 - Divorce or separation
 - Loss of employment
 - The birth of a child
 - Being diagnosed with a serious illness
 - Moving to a new job or home
 - Natural disasters
 - Your genes (some issues are hereditary)

Depression



- Depression
 - Depression affects nearly 19 million American adults.
 - Depression is under-diagnosed in men.
 - Men are just as likely to be depressed as women, if not more so.
 - Men are 4x as likely to commit suicide as women.
 - Without treatment, symptoms of depression can last weeks, months, or years.
 - Depression is the leading cause of disability in the U.S., sidelining more people than back problems, heart disease, or injuries.

Stress Symptoms



- Most common symptoms include:
 - Headaches
 - Stomach trouble, nausea, indigestion, constipation, or diarrhea
 - Shortness of breath
 - Sleep issues—too little or too much
 - Emotional symptoms: mood swings, anxiety, depression, apathy
 - Behavioral symptoms: irritability, outbursts of anger, inability to concentrate
 - More physical symptoms include:
 - Muscle tension
 - Fatigue
 - Backaches
 - Colds
 - Shoulder pain
 - Drug use

How much stress is too much stress?



- Stress is: a physical and mental response to a challenging or threatening situation brought on by a stressor
- When we are stressed, chemicals are released into our blood causing physical changes including a faster heartbeat and an increase in muscle tension
- Chronic Stress
 - Coping with ongoing situations—daily job, family, or relationship situations, chronic illness, financial difficulty, discrimination
- Acute Stress
 - A response to an immediate or life-threatening situation

Anxiety



- Five most common conditions:
 - Generalized Anxiety Disorder
 - Exaggerated worry and tension
 - Anticipation of disaster, health issues, money, family problems, or difficulties at work
 - Obsessive Compulsive Disorder
 - Panic Disorder
 - A sudden onset of overwhelming terror – for no apparent reason
 - Post-Traumatic Stress Disorder (PTSD)
 - An anxiety disorder caused by witnessing or experiencing a traumatic event
 - Serious accident – Natural disaster – Terrorist attack – An event where you thought you were going to die – Shooting or being shot at in combat – Surviving a violent crime
 - Social Phobia (or Social Anxiety Disorder)

Why Don't Men Make Doctor Visits?

- Socialization plays a major part in men's decisions to frequent their physician
- Big boys don't cry
- Work obligations
- Lack of health insurance
- Some men decide they will wait as long as possible before visiting a doctor in hopes of getting better
- The biggest obstacle?
 - *Not making their health a top priority!*

Top Excuses to Avoid Doctor Visits

- “I am healthy – there’s no reason for me to go to the doctor”
- “I have no time”
- “I don’t like doctors”
- “I am afraid of finding out that something is wrong with me”
- “I don’t need to go until I’m older”

Recognize any of these?

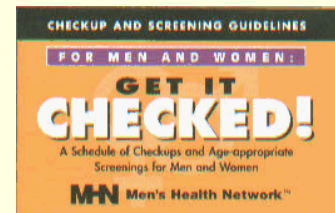
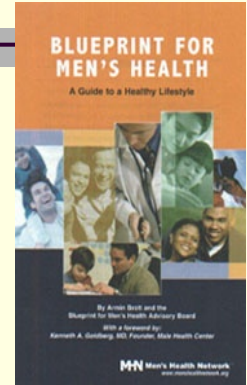


Steps to Live a Longer and Healthier Life

Prevention

Among men, more than one-half of premature deaths are preventable.

- Get an Annual Health Exam – Visit your healthcare provider each year.
- Know Your Numbers – PSA – Cholesterol – Glucose – Blood Pressure.
 - Keep your own records. Do not rely on your health care provider to say you are “okay” – Ask about your #s and keep them in your records.
- Make Prevention a Priority – detect problems early.
- Ask Questions – it’s your body.
- Start Early – Don’t wait until you’re 50 to have your first health exam since high school/college.
- Take advantage of free community health screenings or employer offered health services and benefits.
- Involve your family in your health.
- ***Be a role model for your children.***



Diet and Nutrition

“You are what you eat”

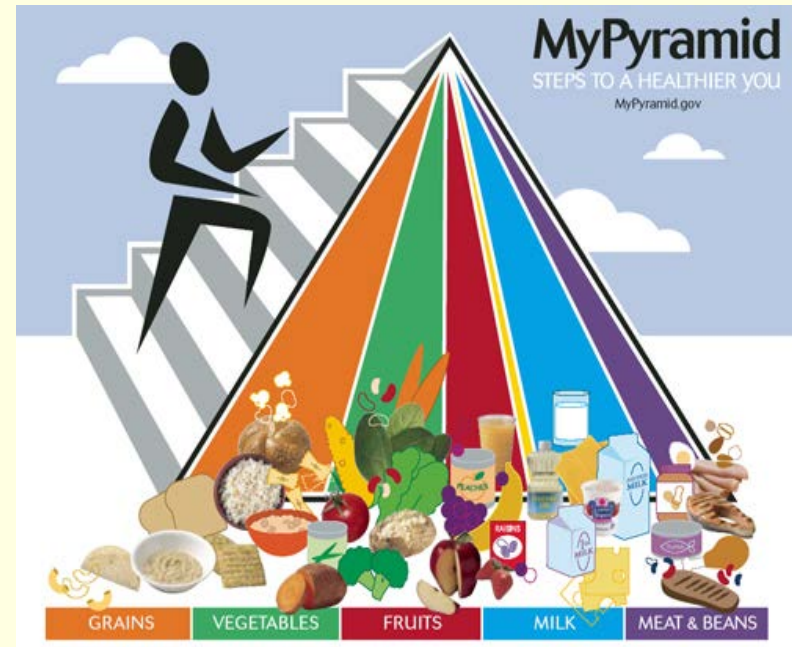


- Over 60 percent of American men are overweight or obese.
- Men between the ages of 65 and 74 have the highest prevalence of obesity.
- Americans spend over \$30 billion on diet programs each year.

Diet and Nutrition

Over 60 percent of adult American men are overweight.

- The only truly effective way to lose weight is to reduce the number of calories you eat and get more exercise.
- Eat fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Eat lean meats, poultry, fish, beans, eggs, and nuts.
- Limit intake of saturated fat, trans fat, cholesterol, salt, and added sugars.



Exercise and Fitness

Regular physical activity is the closest thing there is to a miracle drug.

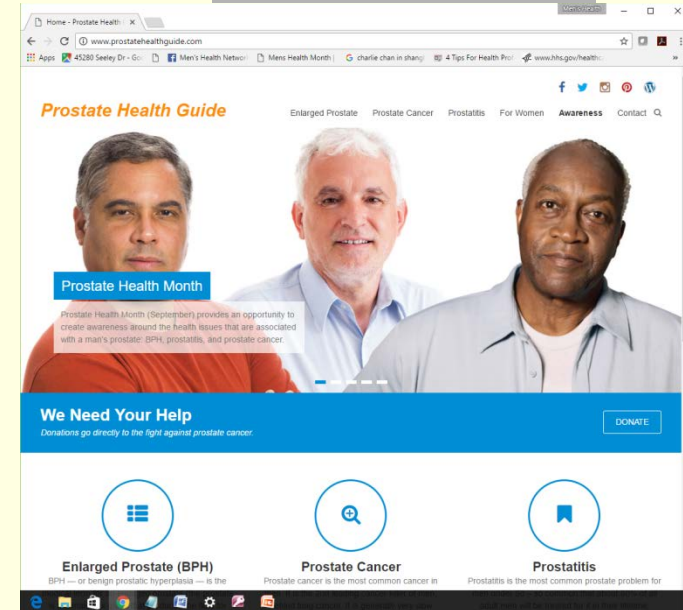
- Before starting any exercise program, talk it over with your health care provider for guidance.
- Start off easy – you may only be able to do five minutes per day.
- Gradually increase your workout capacity until you're up to 20 minutes or more per day.
- Exercise at least two times per week.
- Any kind of activity – even mowing the lawn, washing your car, or walking the dog is better than none.

Prostate Health

BPH (prostate enlargement) is the most frequent prostate condition in men 50+.

Prostate Cancer is the #1 cancer in men.

- Early detection is the key
- Prostate Cancer
 - Get a baseline prostate exam at age 40, or earlier
 - Consult your health care provider about yearly exams after age 40
 - Have regular safe sex
 - Ask your health care provider about other prevention tips
- BPH (benign prostatic hyperplasia)
 - Progression can be slowed or stopped if treated early
- Prostatitis
 - There are a number of treatment options



www.ProstateHealthGuide.com

Cardiovascular Disease

Approximately 450,000 men die of cardiovascular disease each year.

- Cardiovascular disease is a blanket term that includes three major types of diseases: hypertension (high blood pressure), coronary heart disease, and stroke.

- **Take these simple steps to protect yourself**
 - Have regular physicals
 - Lose weight and choose a healthier lifestyle
 - Get into a regular exercise routine
 - Limit your alcohol and caffeine intake
 - Reduce stress
 - Quit smoking

Diabetes

Diabetes is a leading cause of heart disease, strokes, kidney failure, blindness and amputations.

- There is no cure for diabetes, however it can be managed and treated and about 90 percent of the time, diabetes can be prevented before it starts.
- **Keys to prevention and treatment**
 - Lose weight
 - Get more exercise
 - Control your blood pressure
 - Eat a healthy, balanced diet



Cancer

Over 830,000 men are diagnosed with cancer each year and over 310,000 die of it.

■ What you can do

- Recognize the risk factors – smoking, family history, 55 or older, or cancer in the past.
- Early detection – notify your doctor if you notice anything unusual or abnormal.
- Reducing the risk – no tobacco, eat a healthy diet, stay active, and wear sun protection.

Depression

Depression is under-diagnosed in men. Men are over four times more likely than women to commit suicide.

- With proper diagnosis and treatment, the vast majority of men with depression can be helped, and will go on to lead normal, happy lives
- Depression in men is under-diagnosed
 - Doctors are more likely to diagnose depression in women compared with men
- **Treating depression starts with yourself**
 - Get some exercise – 20-30 minutes per day
 - Spend some time with other people
 - Do something you enjoy – even if you have to force yourself
 - Don't make any decisions now – wait till you feel better
 - Prioritize – what needs to be done on any given day?
 - Set realistic goals
 - Be patient with yourself
 - Read – “**Your Head**: An Owner's Manual *Understanding and Overcoming Depression, Anxiety and Stress*”
 - www.blueprintformenshealth.com



Coping with Stress / Anxiety

- Exercise, especially aerobic exercise
- Eat healthy foods
- Don't self-medicate
- Ease up on caffeine
- Get some sleep—8 hours a night
- Take deep breaths
- Relax and have some fun!



Stress Reduction Kit



**Bang
Head
Here**

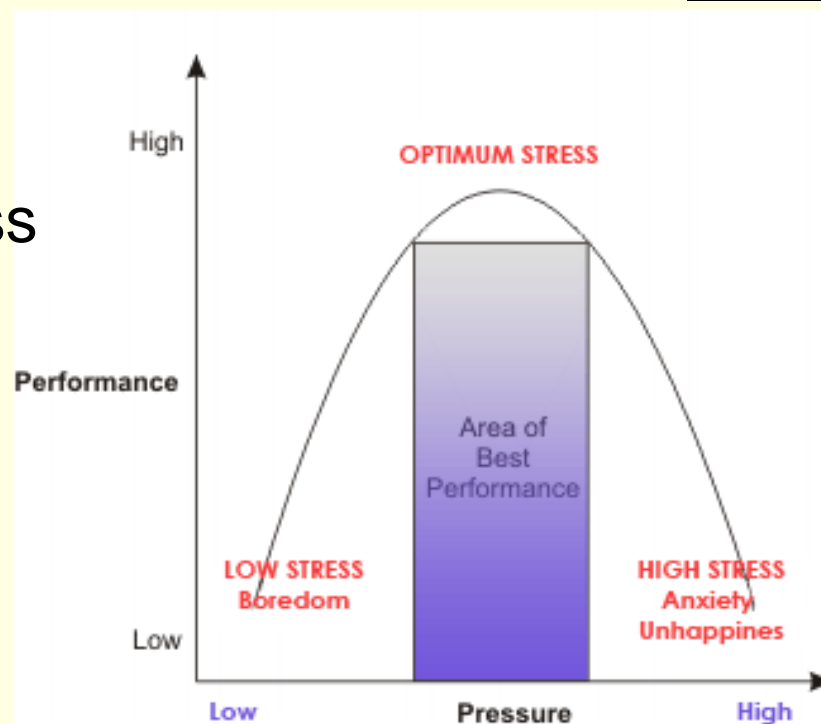
Directions:

- 1. Place kit on FIRM surface.**
- 2. Follow directions in circle of kit.**
- 3. Repeat step 2 as necessary, or until unconscious.**
- 4. If unconscious, cease stress reduction activity.**

Remember: Some stress can be good!



- Some degree of stress can make us more productive and effective
- Eustress—the “good” stress
- Stress from happy events:
 - Winning a race
 - Birth of a baby
 - Getting married
 - Getting a promotion
 - Buying a house

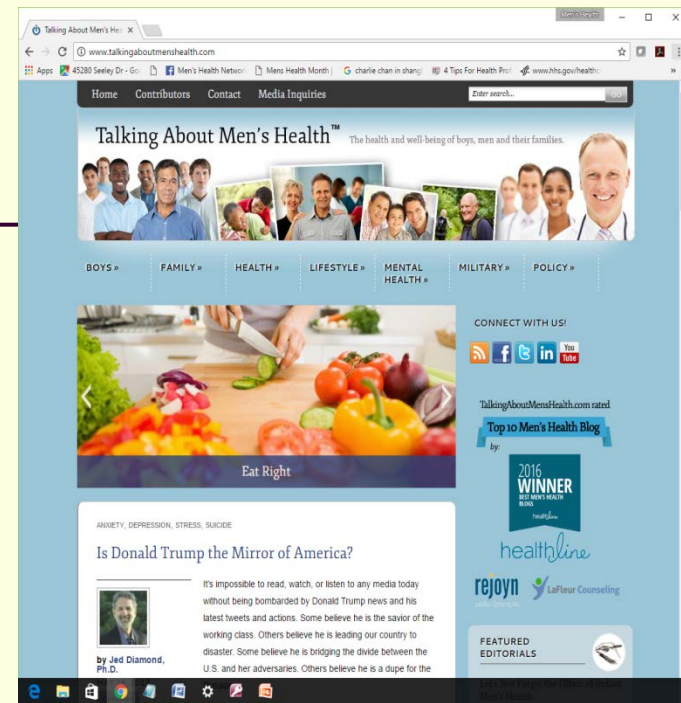


See a Trend ?

- We have found that the best approaches to helping men lead a healthier and fuller lifestyle consist of a few simple steps:
 - See your doctor regularly – Ask questions!
 - Eat a healthy diet rich in fruits, vegetables, whole grains, and low-fat foods
 - Exercise for 20-30 minutes a day, 3-5 days/week
 - Protect yourself from the sun
 - Maintain a healthy weight
 - Get a “good night’s sleep”
 - Manage your stress
 - ***Get help if you need it !***

Important Web Sites

- Men's Health Network
 - www.MensHealthNetwork.org
- Wear Blue for Men's Health
 - www.WearBlueForMen.com
- Men's Health Resource Center
 - www.MensHealthResourceCenter.com
- Men's Health Month
 - www.MensHealthMonth.org
- Testicular Cancer Awareness Month
 - www.TesticularCancerAwarenessMonth.org
- Prostate Cancer Awareness Month
 - www.ProstateCancerAwarenessMonth.org
- Prostate Health Guide
 - www.ProstateHealthGuide.com
- Men's Health Library
 - www.MensHealthLibrary.com
- Other important Internet resources
 - www.hhs.gov www.cdc.gov www.nih.gov www.cancer.org



Talking About Men's Health
www.TalkingAboutMensHealth.com

Want to Learn More?

- For more information on these and other health problems which affect men, consult with a health care provider or contact the Men's Health Network.



Men's Health Network

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