

Editorials from Robin Mather
for Men's Health Network

[Autism rates continue to rise, but the reasons why aren't clear](#)

Autism affects more than 3.5 million Americans, with boys four times more likely than girls to be afflicted, the Centers for Disease Control and Prevention (CDC) says. Autism increased in children in the United States by 119 percent from 2000, when the rate was one child in 150, to 2010, when the rate was one in 68. It's the fastest growing developmental disability, according to the CDC.

[Researchers study how telehealth helps patients and healthcare professionals](#)

One way that COVID-19 has changed the landscape for medicine is the rise in the use of telehealth for patient care. There is a growing sense that telehealth can help people manage their health and improve their access to care, which may be especially valuable in areas where health professionals and facilities are sparse.

[How to choose the best treatment if you have prostate cancer](#)

Prostate cancer affects three million men in the United States. The Centers for Disease Control and Prevention (CDC) tracks prostate cancer statistics. In 2017, the most recent year for which data is available, 207,430 new cases of prostate cancer were reported and 30,486 men died of the disease, the CDC says. Another way to look at it is that, for every 100,000 men, 107 new prostate cancer cases were reported, and 19 men died.

[A simple way to know your options if you're having chest pain](#)

Patients reporting chest pain account for about 6.5 million visits to American emergency rooms, the Centers for Disease Control (CDC) says. Most are not heart attacks, the CDC says, but patients often don't understand their options and therefore can't make informed decisions about their care.

[Fighting prostate cancer in the Mississippi Delta, one man at a time](#)

In the impoverished communities of the Mississippi Delta, where prostate cancer death rates are more than 28 men per 100,000, residents were leery about the concept of research. Delta residents were deeply concerned about exploitation and feared that participating in cancer research would make them guinea pigs.

[Authorities fear COVID-19 is making opioid abuse worse](#)

The opioid abuse epidemic in the United States was already urgent when the COVID-19 pandemic began, but health authorities fear the virus has made the opioid epidemic even worse. A Centers for Disease Control and Prevention (CDC) report released in December 2020 notes that 10 western states saw opioid overdoses increase in that year.

[COVID-19 isolation contributes to mental health issues for men and boys](#)

COVID-19's isolation may be necessary for physical health, but it's causing a torrent of mental health problems for boys and young men that are worsening as the pandemic drags on. Family members, friends and work colleagues can play an important part in monitoring the mental health of the men and boys they care about.

[Memorize these symptoms of heart attack in both men and women](#)

February is Heart Health month, a great time to review the symptoms of heart attacks for both men and women. More than a quarter of female deaths are the result of heart disease, which kills more than 300,000 women every year. Heart disease has been women's number one cause of death for decades, says the World Health Organization, but the popular perception is that heart disease is a "man's disease."

[How unions can help promote mental health for their members](#)

Labor union leadership and members continue to play a significant role in improving mental health, both on the job and outside the workplace. This is particularly true in the COVID-19 and post COVID-19 economy.

[Military leaders, veterans' organizations step up to prevent suicide](#)

Members of the military – whether active duty, newly discharged, or long-time veterans – continue to commit suicide in increasing numbers, and that has the Pentagon, the Department of Defense, and all in America concerned. This tragedy is a long-standing issue that is very complex. Thankfully, military leaders continue to take steps, including direct peer-to-peer support programs, to mitigate these tragic numbers.

[Rural men have special physical, mental challenges during COVID-19 pandemic](#)

(and [here](#))

The COVID-19 pandemic has created a double whammy for rural men: Their access to medical care is often difficult because of long distances to travel for treatment, and they are less likely to have access to high-speed internet for telehealth visits.

Robin Mather



Robin Mather is a third-generation journalist with more than 40 years' experience working at major daily newspapers and national magazines. A Michigan native, she now lives in Arizona.

###