

# Men's Health 101



# Objectives

- Facts – men vs. women
- Leading causes of death
- What makes men's health different
- Finding a doctor
- Risk Factors
- Know Your Numbers
- Screenings
- Stress
- Lung Cancer
- Diabetes Prevention
- Injury Prevention
- Prostate Cancer
- Skin Cancer
- Colorectal Cancer
- Steps to a healthier you

# Facts

## Average life spans:

- Men: 74.8 years
- Women: 80.1 years
- Among those over 100 years old, 85% are women



# Why the Difference?

## Men

- Men eat more foods that raise cholesterol (red meat)
- Men are more reluctant to seek preventative exams compared to women
- More than 7 million American men have not seen a doctor in more than 10 years
- Men do not feel comfortable talking about their health with their doctor

## Women

- Excluding pregnancy, women make twice as many preventive care visits as men
- Women have lower iron, which also could contribute to longer life. Estrogen was previously thought to have been linked, but now not supported as a cause

# Leading Causes of Death in Men

## Causes of Death in Men

- 1) Heart disease 26.3 %
- 2) Cancer 24.1 %
- 3) Unintentional injuries 6.6 %
- 4) Chronic lower respiratory diseases 4.9%
- 5) Stroke 4.5%
- 6) Diabetes 3.0%
- 7) Suicide 2.2%
- 8) Influenza and pneumonia 2.1%
- 9) Kidney disease 1.8 %
- 10) Alzheimer's disease 1.8%

# Why don't men take better care of themselves?

- Way they were raised
- Taught to “be tough” ignore aches and pains
- In their 20's are “indestructible”
- In their 30's too busy
- In their 40's may think it is too late
- Fearful of exams



# When was your last check-up?

- Annual exam
- Complete physical with chest x-ray and blood work?
- How long do you wait between oil changes for your car?
- Don't wait until you have a problem



# Finding a Doctor

- Insurance may restrict you
- Most men spend more time researching the purchase of electronics than choosing a doctor
- Use preferred provider lists as a start
- Ask friends and co-workers
- Start with a general practitioner if healthy
- Some plans require referrals for specialists
- Go to someone you can feel comfortable talking to





# Risk Factors

## What you can control

- Smoking
- Diet
- Exercise
- Alcohol intake
- Stress Management

## What you cannot control

- Age
- Gender
- Genetics/Hereditiy



# Know Your Numbers

- Cholesterol (LDL=lousy, HDL=healthy)- Total cholesterol should be below 200; LDL (bad cholesterol) should be below 100, HDL (good cholesterol) should be above 40
- Triglyceride- should be below 150
- Blood pressure- should be below 120/80
- Glucose – fasting blood glucose should be below 100

# Screenings – What you Need When

## What

- Obesity – (BMI)
- Cholesterol
- Blood Pressure
- Colorectal Cancer
- Diabetes
- Depression
- STI's & HIV

## When

- Annually
- Age 35 and older
- Every 2 years
- Age 50 unless high risk
- Age 40
- Whenever needed
- When sexually active or had unprotected sex

# Men Managing Stress

- Avoid stressful situations, whenever possible
- Practice deep breathing
- Exercise
- Change your thinking
  - Do not fret about things you can do nothing about
  - You cannot change the stressor but you can change the way you react to it

# Preventing Lung Cancer

- Quit smoking NOW
- Diet rich in fruits and vegetables
- Test for radon in your home
- Are you exposed to fumes at work and home?
- Avoid second hand smoke

# Diabetes Prevention

- Increased fruit and vegetable consumption
- Increase fiber intake
- Decreased fat intake
- Regular exercise
- Most important:
  - Maintain a healthy weight
  - Know your body mass index (BMI)



# Injury Prevention

- Wear a seat belt, even on short trips
- Follow the speed limit
- Do not drink and drive
- Wear a helmet (no exceptions), bicycle, motorcycle, skiing
- Manage stress
- Stay active to prevent falls maintain balance
- Use appropriate lifting techniques
- Practice gun safety
- Take safety precautions
- Ask for help when you need it
- Practice safe sex
- Protect yourself from the sun

# Prostate Cancer

- What is prostate cancer?
- What causes prostate cancer?
- Can you prevent it?
- How common is it? (1 in 6 chance of getting it)
- Is it serious? (1 in 33 chance of dying from it)
- What are the symptoms?
  - Many men with prostate cancer often have no symptoms
  - Blood in the urine
  - Need to urinate frequently, especially at night
  - Weak or interrupted urine flow
  - Pain or burning feeling while urinating
  - Constant pain in the lower back, pelvis, or upper thighs



# Screening for Prostate Cancer

## What Does “Screening” Mean?

- Screening means looking for signs of disease in people who have no symptoms
- Screening for prostate cancer is looking for early-stage disease, when treatment is possibly more effective

## Main Screening Tools for Prostate Cancer

- Digital rectal examination (DRE)
- Prostate specific antigen (PSA) test
- The DRE and PSA test cannot tell if you have cancer—they suggest the need for further tests

# Skin Cancer

- Skin cancer most common cancer for all men and women
- You are at greater risk if you have:
  - Family history of skin cancer
  - Many moles (more than 50 on your entire body) or large moles
  - Skin that burns easily (fair skin, blue eyes)
- Sun exposure is single most preventable risk factor
- Although skin cancer does not rank high on the US death statistics because it is very treatable, it is still the most common cancer in men and women.



# Preventing Colorectal Cancer

- Physical activity
- Maintaining a healthy weight
- Eat a healthy diet, with emphasis on plant sources
- Choose foods and beverages in amounts that help achieve and maintain a healthy weight
- Eat five or more servings of a variety of fruits and vegetables each day
- Choose whole grains, rather than processed (refined) grains
- Limit eating of processed and red meats

# Preventing Colorectal Cancer (cont.)

- Highly curable if caught early
- After the first abnormal cell takes 10-15 years to develop into colorectal cancer
- Screening or testing is key in prevention
- Regular screening at age 50
- Those who have a family history or other risk factors for colorectal polyps or cancer, such as inflammatory bowel disease, should talk with their doctor about starting screening at a younger age and/or getting screened at more frequent intervals

# Steps to a Healthier You

- Maintain a healthy weigh - watch your waist measurement and body mass index
- Stay physically active- aim for 30 minutes every day
- Don't smoke
- Manage stress
- Limit alcohol
  - less than 2 drinks per day- or as instructed by physician.
  - Know portion size for alcohol - 12 ounces beer, 5 ounces wine, or 1 ½ ounces of hard liquor = 1 drink
- Eat a healthy diet- include plenty of fruits and vegetables daily
- Have regular exams and screenings

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