

Men's Health

A Healthy Man is a Macho Man

Not so Macho

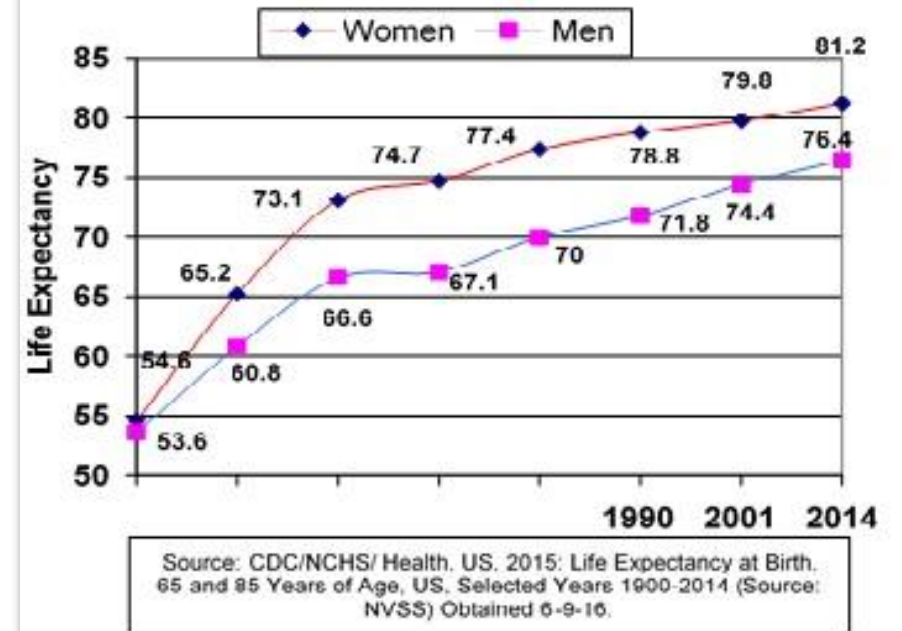


Mucho Macho



So you think you are Macho - Well not so fast Mr.!

- ✓ Males are born strong!?
 - ✓ More male than female births per year yet by age 35 females outnumber males
- ✓ Macho Men protect their wives!?
 - ✓ 9 million people live alone - 80% are women
 - ✓ Over half of widowed women who live in poverty were not poor before their husbands died
- ✓ Macho Men live long!?
 - ✓ Men die younger than women
 - ✓ Women 81, Men 76



Why Women are more Macho than Men

- ▶ Women are 100% more likely to see a doctor for preventive care than men
- ▶ More women have health coverage than men
- ▶ Society portrays:
 - ▶ Risk taking and unhealthy behaviors in men and boys as COOL!
 - ▶ Now that's Macho!???



- ▶ Men who address health problems early are weak
 - ▶ Men die at higher rates than women in the top 10 causes of death in the US

Come on Men!

What are we going to do about it?



Checkups and Screenings	When?	Ages		
		20-39	40-49	50+
Physical Exam Review overall health status, perform a thorough physical exam, and discuss health related topics.	Every 3 years Every 2 years Every year	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Blood Pressure High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
TB Skin Test Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Blood Tests & Urinalysis Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
EKG Electrocardiogram screens for heart abnormalities.	Baseline Every 2 years Every year	Age 30 <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Tetanus Booster Prevents lockjaw.	Every 10 years	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Rectal Exam Screens for hemorrhoids, lower rectal problems, colon and prostate cancer (see PSA Blood Test, below).	Every Year	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
PSA Blood Test Prostate Specific Antigen (PSA) is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician. <small>*Some medical associations recommend that men speak to their health care providers about a baseline PSA blood test at age 40. Men at high risk, including African Americans, should consider an annual prostate exam beginning at age 40.</small>	Every Year	<input checked="" type="checkbox"/>	*	<input checked="" type="checkbox"/>
Hemoccult Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every Year	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Colorectal Health A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 Years	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Chest X-Ray Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Bone Health Bone mineral density test. Testing is best done under the supervision of your physician.	Discuss with a physician	<input checked="" type="checkbox"/>	Age 60	<input checked="" type="checkbox"/>
Self Exams Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Testosterone Screening Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Sexually Transmitted Diseases (STDs) Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, HIV, and other STDs.	Under physician supervision	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

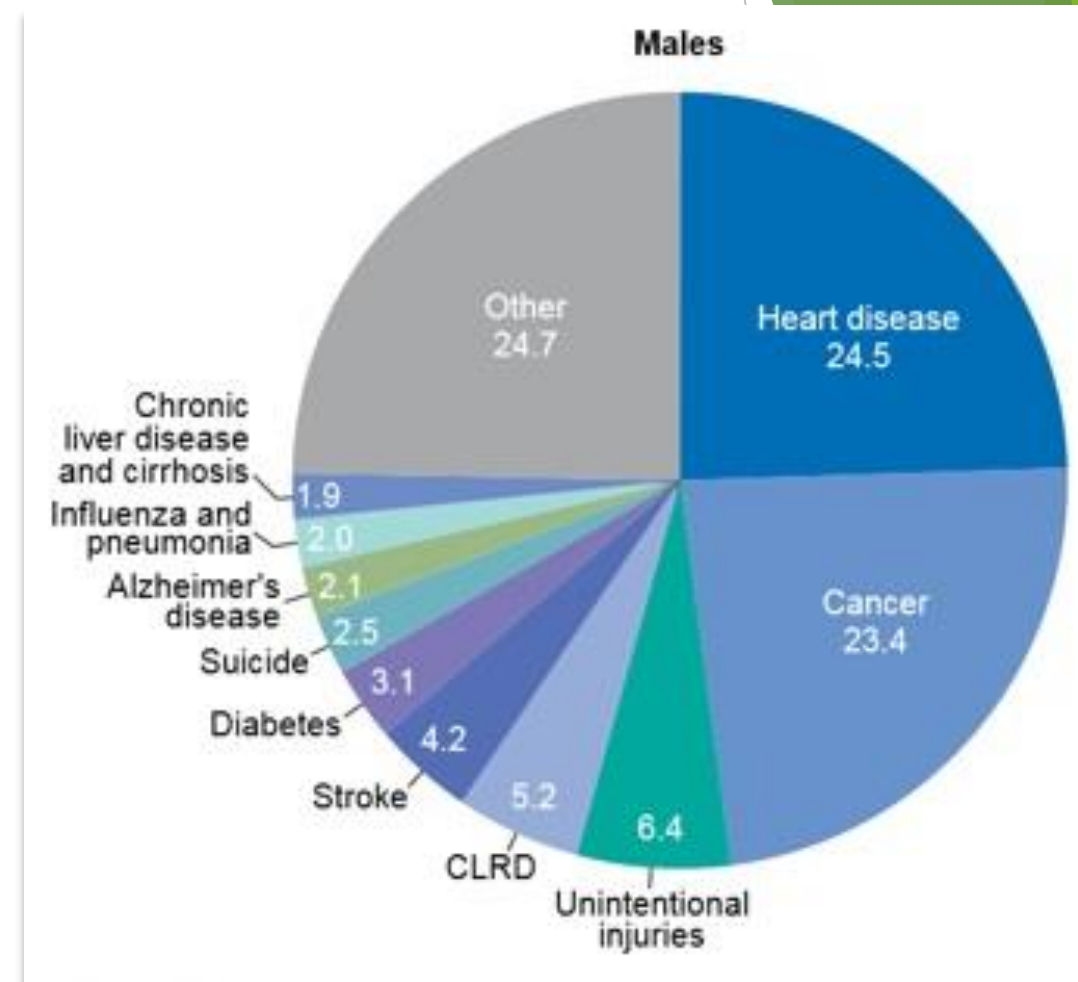
Men's Health Network does not provide medical services but provides this maintenance schedule as a reminder of your need to take responsibility for safeguarding your health. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should consult your health care provider to determine if these screenings are right for you and about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease.

For more information about men's health, contact: Men's Health Network: 202-543-MHN-1, www.menshealthnetwork.org

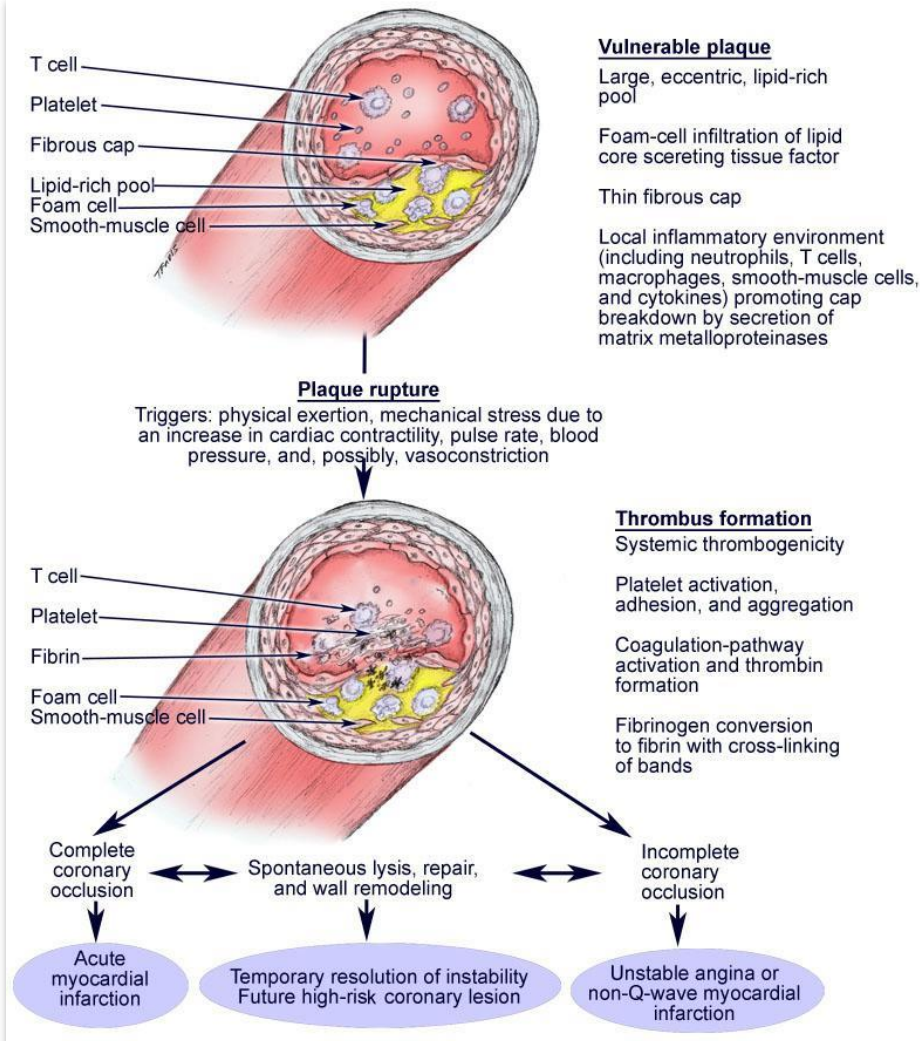


Top 7 Men Killers

- ▶ 1- Heart disease
- ▶ 2- Cancer
- ▶ 3- Accidents
- ▶ 4- Chronic lower respiratory disease
- ▶ 5- Stroke
- ▶ 6- Diabetes
- ▶ 7- Suicide
- ▶ 8- Erectile Dysfunction



Heart Disease - Man Killer #1 (Coronary Artery Disease - CAD)



- ▶ Responsible for 24.5% of annual deaths in men
- ▶ Peak age of incidence 55 to 65 years old

Heart Disease - Screening

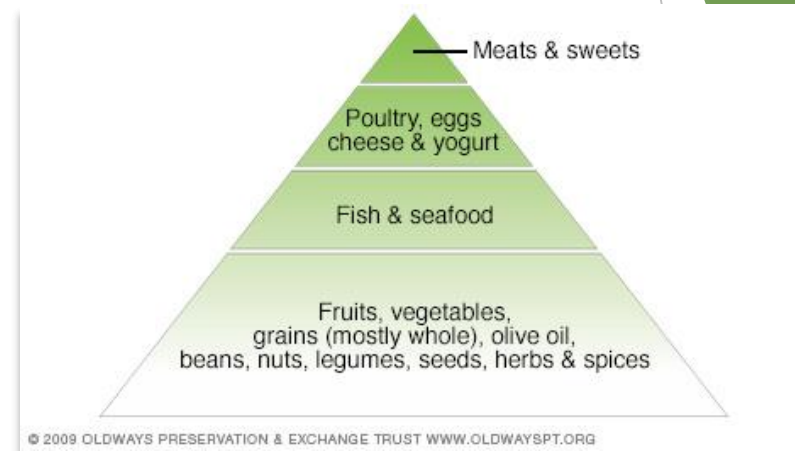
- ▶ General medical check up with medical provider
 - ▶ 20 to 40 years old - every 3 years
 - ▶ 40 to 50 years old - every 2 years
 - ▶ Over 50 - every year
- ▶ Blood Pressure - Every 2-3 years if 20 to 39. Annually once 40
- ▶ Cholesterol Screening - Every 4 to 6 years once 20
- ▶ ECG - Every 1 to 2 years once 40



Heart Disease Care - Prevention

Reduce the Risks!

- ▶ Stop Smoking!!!!
- ▶ Lower Alcohol consumption
- ▶ Do On Purpose Exercise 4 to 5 days per week
- ▶ Diet - Mediterranean Diet
 - ▶ Vegetables, Fruits, Fish, Olive oil
- ▶ Control Blood Pressure
- ▶ Lower Cholesterol - Statin Medication?
- ▶ Lose Weight - If needed
- ▶ Diabetes care



Hearty Humor by Jonny Hawkins



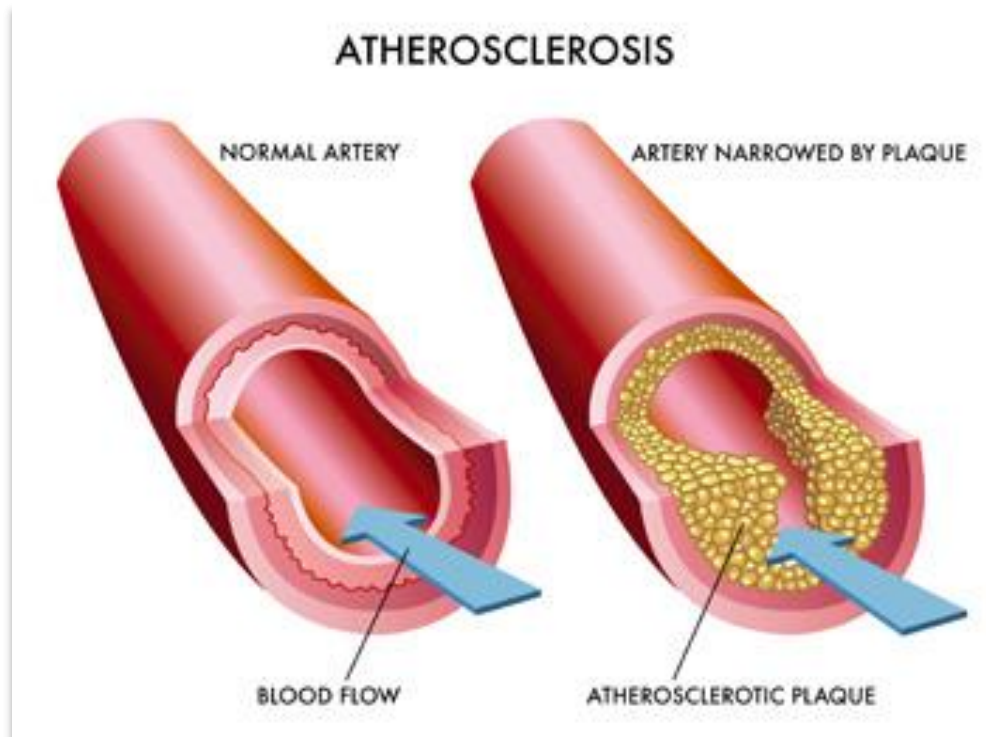
Heart Disease: How it Presents

- ▶ Silent!!! Sneakily Develops until.....
- ▶ Acute angina:
 - ▶ Left sided chest pain
 - ▶ Heavy, squeezing - may radiate to neck
 - ▶ Sweating
 - ▶ Shortness of breath
 - ▶ Fatigue
 - ▶ Nausea
 - ▶ May occur with physical or emotional stress
- ▶ If acute chest pain **go to the Emergency Room**



Heart Disease - Caused by Hyperlipidemia

- ▶ High Total Cholesterol
- ▶ High LDL Cholesterol
- ▶ High Non-HDL Cholesterol

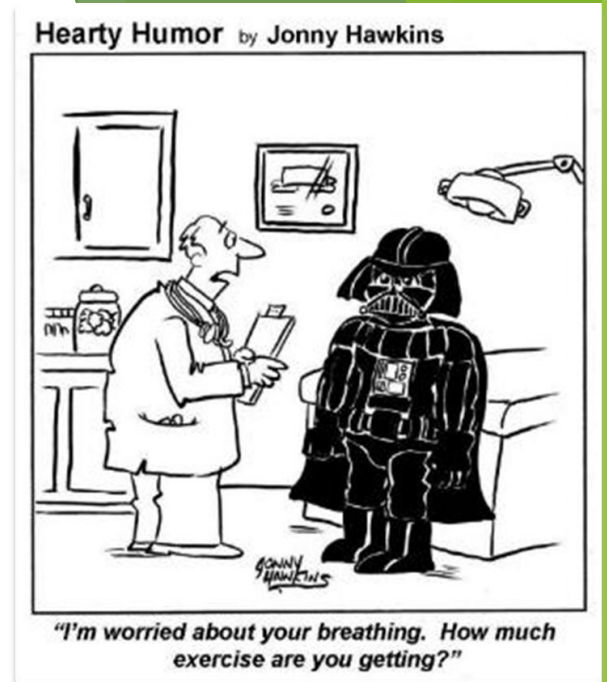


Goals for Lipids

- **LDL**
 - < 100 → Optimal
 - 100-129 → Near optimal
 - 130-159 → Borderline
 - 160-189 → High
 - ≥ 190 → Very High
- **HDL**
 - < 40 → Low
 - ≥ 60 → High
- **Serum Triglycerides**
 - < 150 → normal
 - 150-199 → Borderline
 - 200-499 → High
 - ≥ 500 → Very High
- **Total Cholesterol**
 - < 200 → Desirable
 - 200-239 → Borderline
 - ≥ 240 → High

Hyperlipidemia - Screening

- ▶ Blood work:
 - ▶ Non-fasting Total Cholesterol and HDL
- Or
- ▶ Fasting Lipid Panel
- ▶ Check blood every 4 to 6 years in patients 20 to 70 who do not have atherosclerotic heart disease
- ▶ Calculate the 10-year atherosclerotic cardiovascular disease risk for persons 40 to 70
- ▶ <http://www.cvriskcalculator.com/>

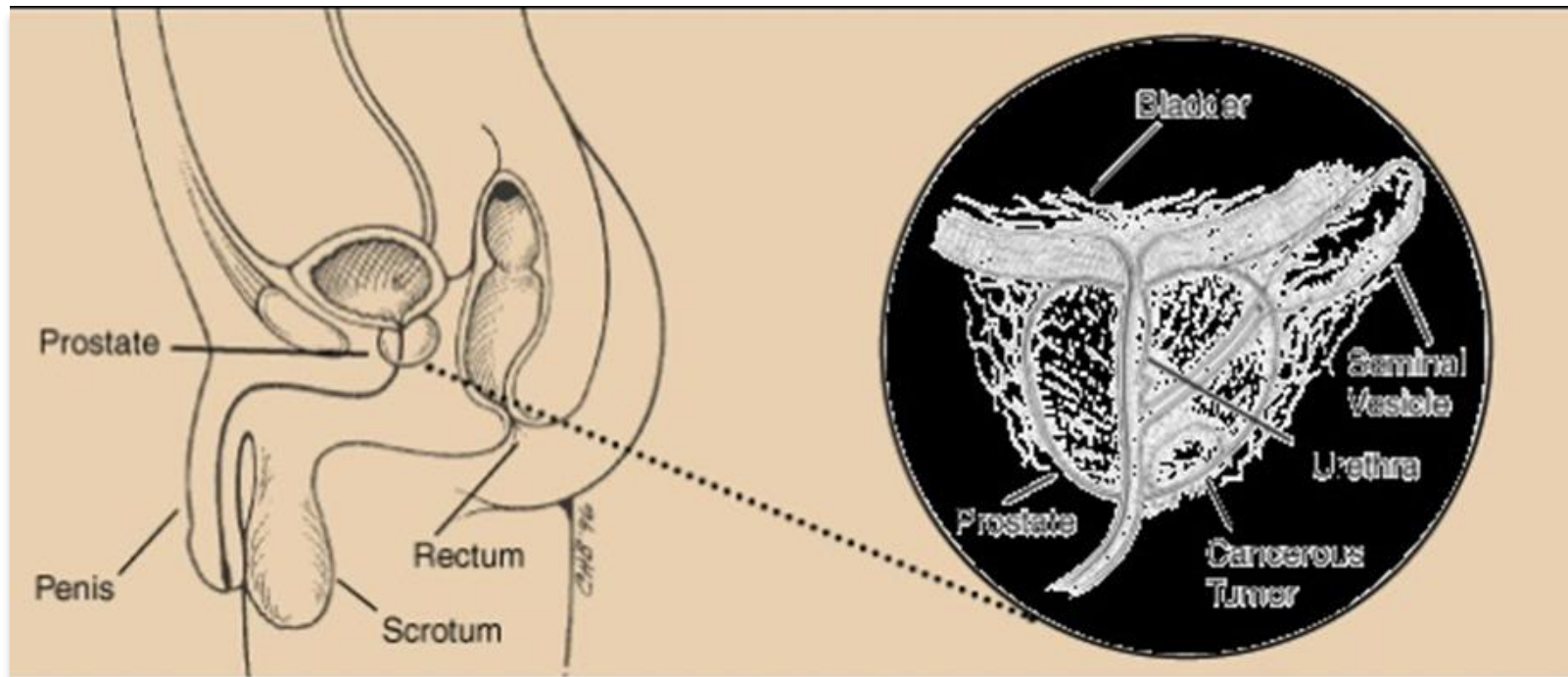


CANCER #2 Man Killer

#1- Lung cancer

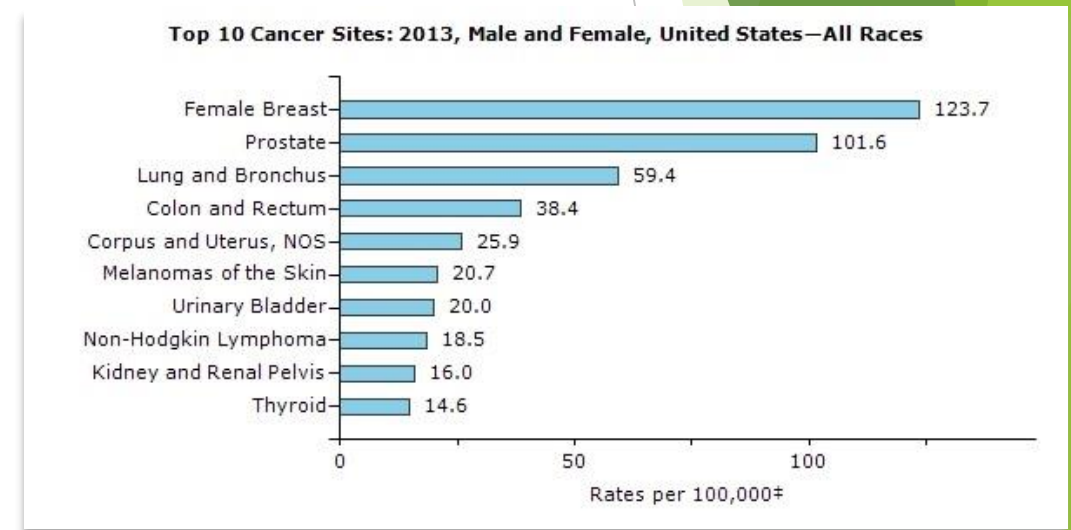
#2- Prostate cancer

#3- Colorectal cancer



Prostate Cancer - The Stats

- ▶ Most common cancer in men (next to skin cancer)
 - ▶ Almost always Adenocarcinoma
- ▶ American Cancer Society Predicts:
 - ▶ 164,690 new cases in 2018
 - ▶ 29,430 deaths in 2018
- ▶ 1 in 7 men will have in lifetime



Prostate Cancer - Risk Factors

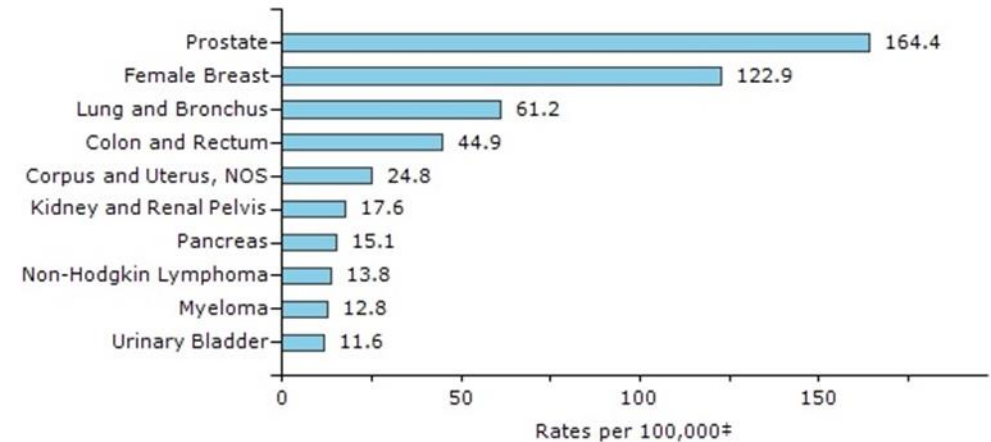
▶ Age

- ▶ 90% occur in men 50 and older
- ▶ Average age at diagnosis 66

▶ Race

- ▶ African American and Caribbean African decent
 - ▶ Rates 70% higher than in whites
 - ▶ Death rate for African American men is twice the rate for white men
- ▶ Family history (Brother > Father)
- ▶ High fat diet (processed meats & dairy)

Top 10 Cancer Sites: 2013, Male and Female, United States—Black



Prostate Cancer - Prevention

- ▶ Diet
 - ▶ Low red meats, saturated fat
 - ▶ High in fruits and veggies
- ▶ 5-alpha reductase inhibitors for Benign Prostatic Hypertrophy (BPH)
 - ▶ Finasteride and Dutasteride



Prostate Cancer - Screening

- ▶ Talk about Pros and Cons with provider
- ▶ Start this discussion when:
 - ▶ 50 yo and at average risk
 - ▶ 45 yo and at high risk
 - ▶ All African Americans men
 - ▶ Men with 1st degree relative who had prostate cancer younger than 65 when diagnosed
 - ▶ 40 yo men at very high risk
 - ▶ More than one first degree relative with prostate cancer
- ▶ Men who do not have a life expectancy of > 10 years do not need screening. Probably die of other causes first.

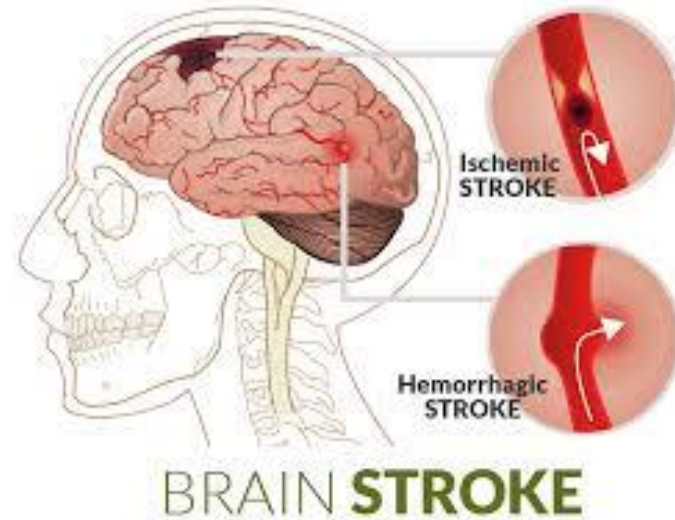


Prostate Cancer - Screening

- ▶ If patient chooses to be screened it is:
 - ▶ Prostate Specific Antigen (PSA) blood test
 - ▶ Digital Rectal Exam (DRE)
- ▶ If $PSA \geq 4$ and or DRE finds a prostate nodule then referral to Urology for a prostate biopsy
 - ▶ $PSA > 10$ = 50% chance of prostate cancer
 - ▶ PSA between 4 & 10 = 25% chance
- ▶ If $PSA < 2.5$ and DRE normal screen again in 2 years
- ▶ If $PSA > 2.5$ but less than 4 and DRE normal screen again in 1 year



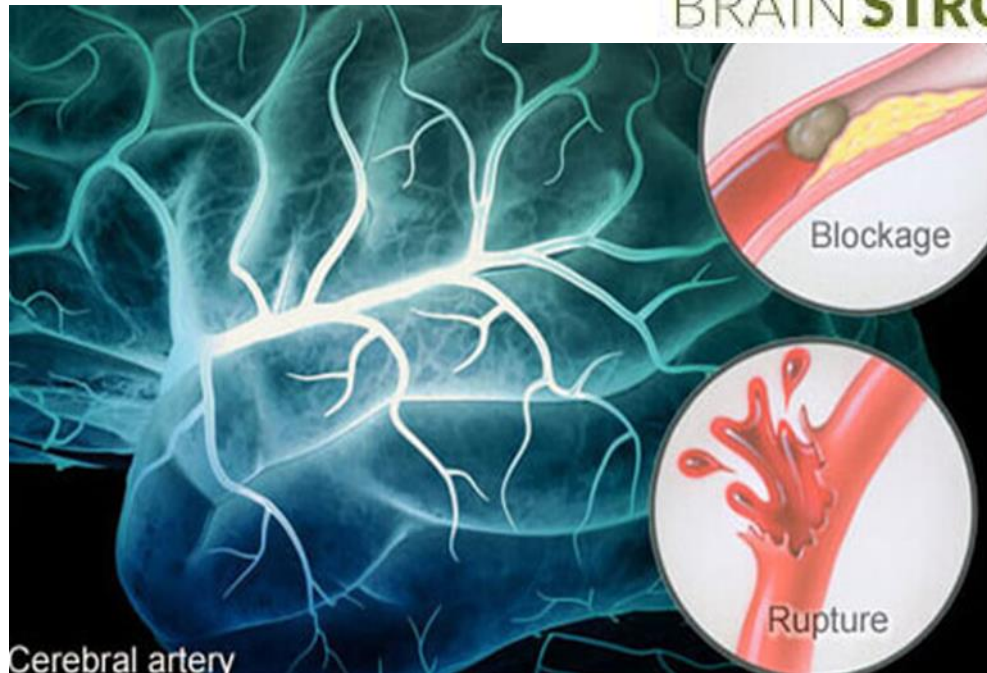
Stroke - Man Killer #5



A loss of blood supply resulting in focal neurologic deficit

Ischemic
Or
Hemorrhagic

55,000 male deaths per year

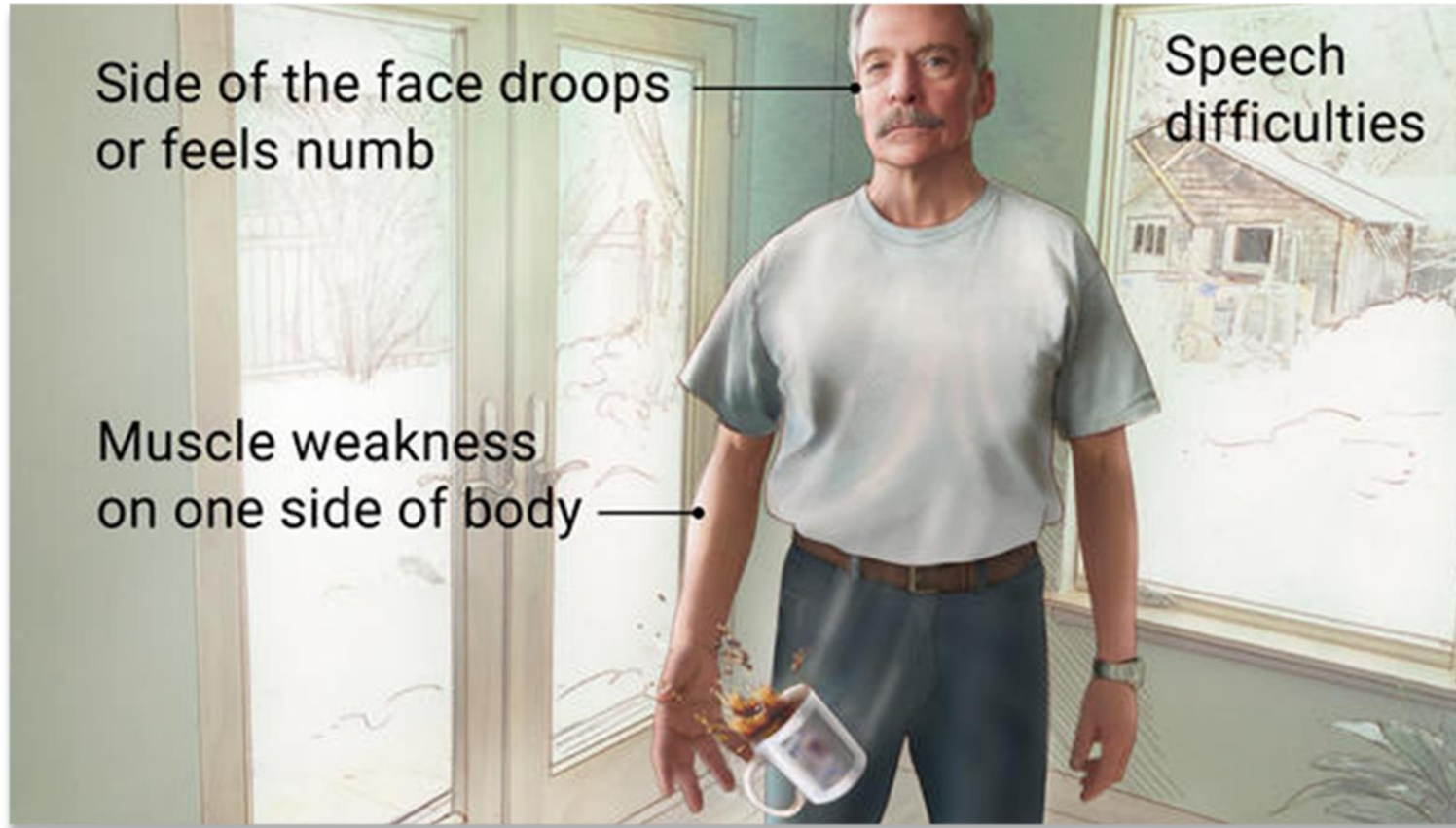


Stroke - Risks Factors

- ▶ Hypertension
- ▶ Hyperlipidemia
- ▶ Diabetes Mellitus
- ▶ Smoking
- ▶ Atrial Fibrillation
- ▶ Obesity



Stroke - How it Presents



- ▶ Ask patient to: Smile, Raise both arms
- ▶ Repeat phrase: “You can’t teach an old dog new tricks”

Stroke - What to do

- ▶ Call 911 - Ambulance to a Hospital Stroke Center
- ▶ At Emergency Room
 - ▶ CT scan - Ischemic vs Hemorrhagic
- ▶ Treatment
 - ▶ Ischemic
 - ▶ IV TPA (Tissue Plasminogen Activator) Alteplase, Tenecteplase
 - ▶ Administer within 3 hours of symptoms onset
 - ▶ Hemorrhagic
 - ▶ Neurosurgery



Stroke Prevention - Blood Pressure (BP) Control

Stage	Systolic	Diastolic
Normal	<120	<80
Prehypertension	120-139	80-89
Stage 1 Hypertension	140-159	90-99
Stage 2 Hypertension	>160	>100

Hypertension - Screening

- ▶ Check BP every 2-3 years for men:
 - ▶ 18-39 years old and normal BP ($< 130/85$ mm Hg)
- ▶ Check BP annually for men:
 - ▶ ≥ 40 years old
 - ▶ High-normal BP (130 to 139/85 to 89 mm Hg)
 - ▶ Overweight or obese



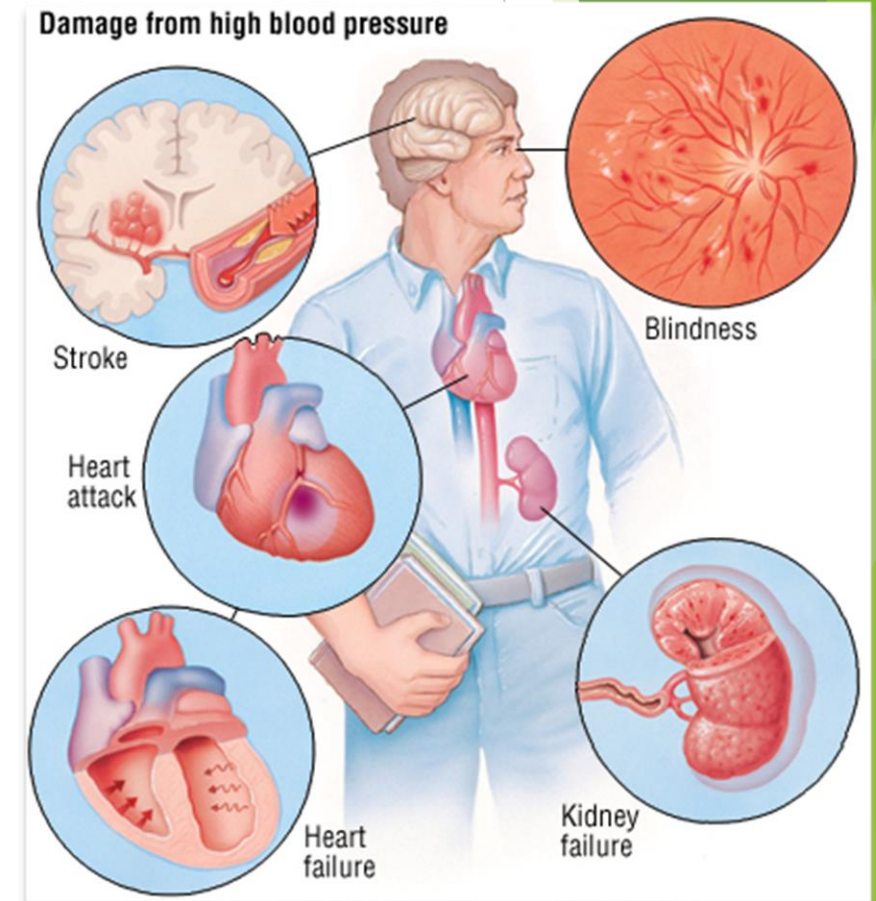
Hypertension - Prevention

- ▶ Maintain normal body weight
 - ▶ Body mass index [BMI] 18.5-24.9 kg/m²) and
 - ▶ Waist circumference (< 102 cm [< 40 inches] men
- ▶ Moderate intensity exercise
 - ▶ 30 to 60 minutes - 4 to 7 days per week
- ▶ Diet rich in:
 - ▶ Fruits, Vegetables, Low fat dairy, fiber, whole grains, plant proteins, reduced saturated fats
 - ▶ DASH diet - low sodium
 - ▶ 2,000 mg (87 mmol or 5 g salt) per day
- ▶ Limit alcohol:
 - ▶ ≤ 2 drinks/day
 - ▶ ≤ 14 drinks/week
- ▶ Stop smoking



Hypertension - Treatment

- ▶ Persons < 60 years old
 - ▶ Lifestyle changes
 - ▶ Consider Medication when BP >140/90
- ▶ Persons \geq 60 years old
 - ▶ Lifestyle changes
 - ▶ Consider Medication when BP >150/90



Man Killer #6 - Diabetes

- ▶ Over 41,000 men die of diabetes annually in US
- ▶ “Evidence ...shows that programs using Community Health Workers to target populations at increased risk of type 2 diabetes improved health outcomes, including blood sugar control (HbA1C, fasting blood glucose) and weight reduction. They also reduced rates of new-onset diabetes.” ~ The Community Guide online website

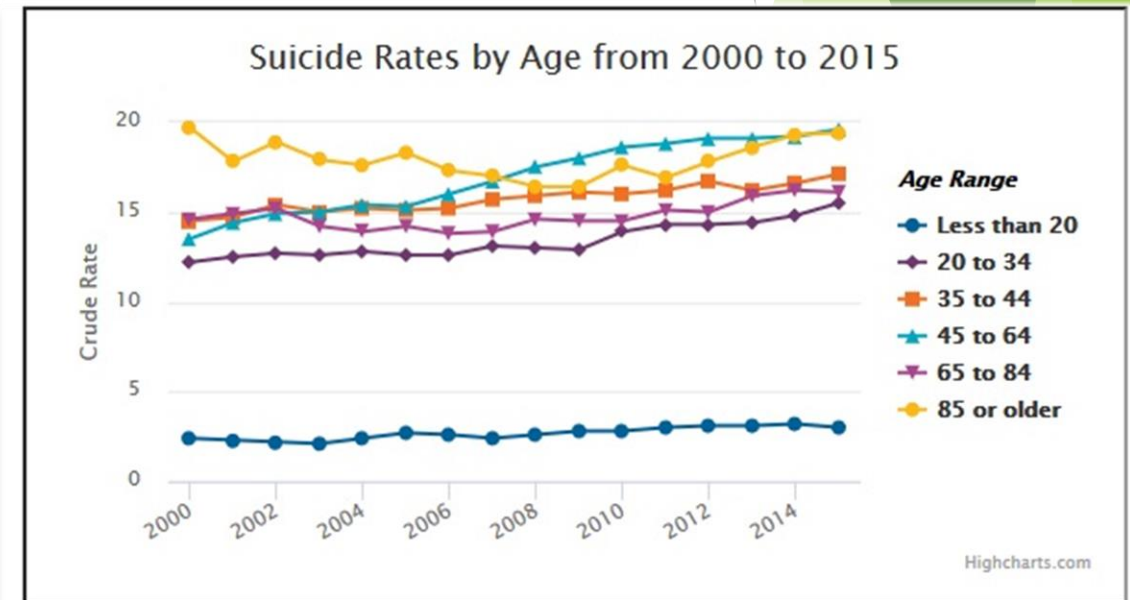
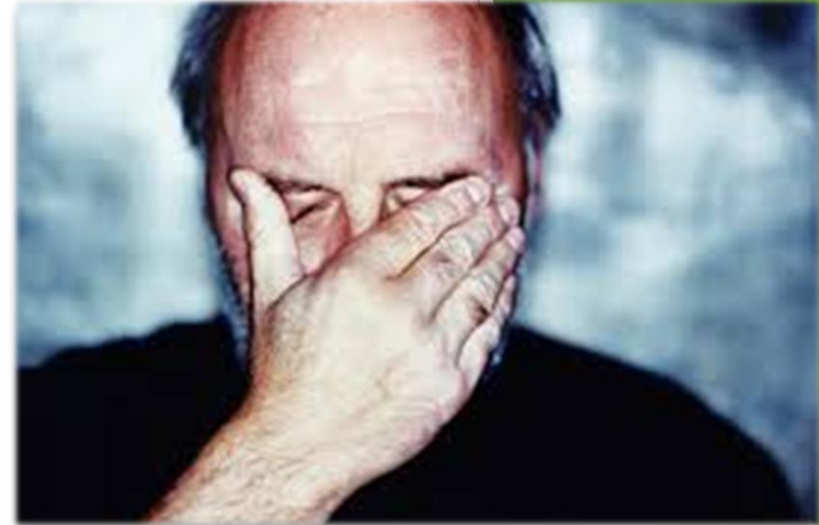


Diabetes - How to prevent this Man Killer

- ▶ Intensive behavioral lifestyle intervention
 - ▶ >7% weight loss
 - ▶ Moderate intensity activity > 150 minutes per week
 - ▶ Dietary recommendations
 - ▶ Lots of High fiber
 - ▶ Low sugar
 - ▶ Vegetables, fruits, whole grains, legumes, dairy
 - ▶ Omega 3 fatty acids
 - ▶ Fish, nuts, seeds
 - ▶ Avoid sugar beverages
 - ▶ Soda, Gatorade, Energy drinks

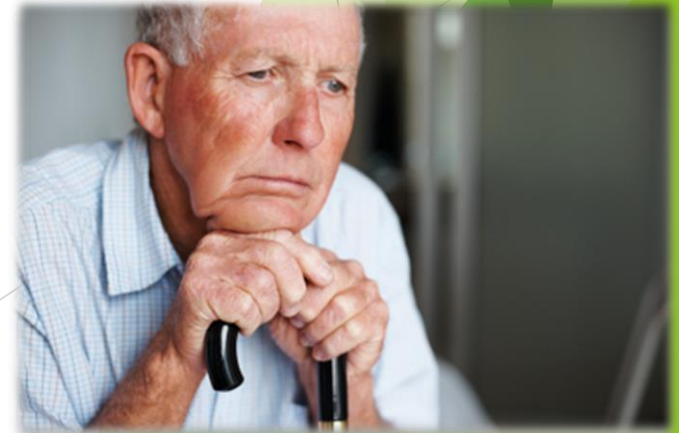
Man Killer #7 - Suicide

- ▶ 77% of all suicides are males
- ▶ Firearms most common method among males (56.9%)
- ▶ 121 suicides each day, one every 13 minutes



Suicide - Risk Factors

- ▶ Times of economic crises
- ▶ Loneliness
 - ▶ Highest among divorced, separated, and widowed
- ▶ Substance abuse
 - ▶ Alcohol, Heroin, Opiates/Painkillers
- ▶ A loved one committed suicide
- ▶ Depression/Mental Health Disorder
 - ▶ Life crisis - Lost identity
 - ▶ Hopelessness
- ▶ Previous suicide attempts
 - ▶ Almost half of completed suicides are preceded by a previous attempt
 - ▶ Man with previous attempt is 23 times more likely to eventually end own life than man without an attempt
- ▶ Physical illness or disability



Suicide - Care

- ▶ Recognize risk early and reach out to them
- ▶ Encourage to get help
 - ▶ Medical provider for medication
 - ▶ Counseling
 - ▶ Substance abuse treatment (e.g., Alcoholics Anonymous, Narcotics Anonymous)
- ▶ Immediate risk to self or others
 - ▶ Police welfare check
 - ▶ Place patient in a safe environment - Take to Emergency Department
 - ▶ Hospitalization in psychiatric or medical unit



Erectile Dysfunction

- ▶ Maybe not a Man Killer but definitely a Macho Mellow
- ▶ Inability for a man to obtain or maintain an erection
- ▶ 25-30 million men > 18 yrs old affected
- ▶ 52% of men age 40-70



ED: Why does it happen?

- ▶ **Organic vs Psychologic**
 - ▶ 70-80% due to **organic** cause- but leads to psychological problem
- ▶ **Organic Causes: Vascular & Neurologic disorders**
 - ▶ Atherosclerosis
 - ▶ **Most commonly secondary to diabetes**
 - ▶ Surgical complications - ie: prostate surgery
- ▶ **Psychologic Causes:**
 - ▶ Depression
 - ▶ Relationship problems
 - ▶ Performance anxiety



ED - Treatment

Organic causes:

- Stop smoking/alcohol
- Treat DM, HTN

Medications:

- Oral selective inhibitors of phosphodiesterase type 5
 - Effective 60-75% of time
- Sildenafil (Viagra), Tadalafil (Cialis), Vardenafil (Levitra)

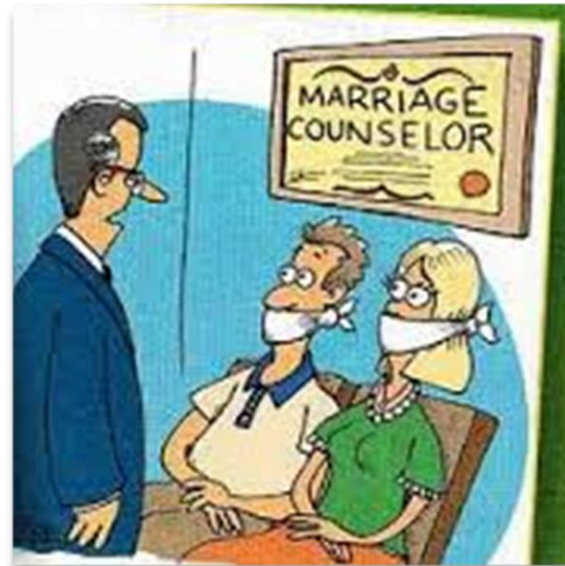
Urologist directed remedies



ED - Treatment

Psychologic origin:

- ▶ Provide reassurance & education
- ▶ Treat depression
- ▶ Counseling or other relationship improvement services

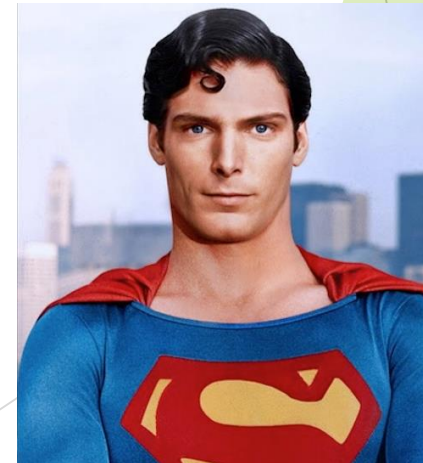


7 Ways to Motivate a Man to be Macho?!

- ▶ 1- Specific Love
- ▶ 2- Honest Truth
- ▶ 3- Blow off steam
- ▶ 4- Authority
- ▶ 5- Competition
- ▶ 6- Be Exemplary
- ▶ 7- Life in perspective



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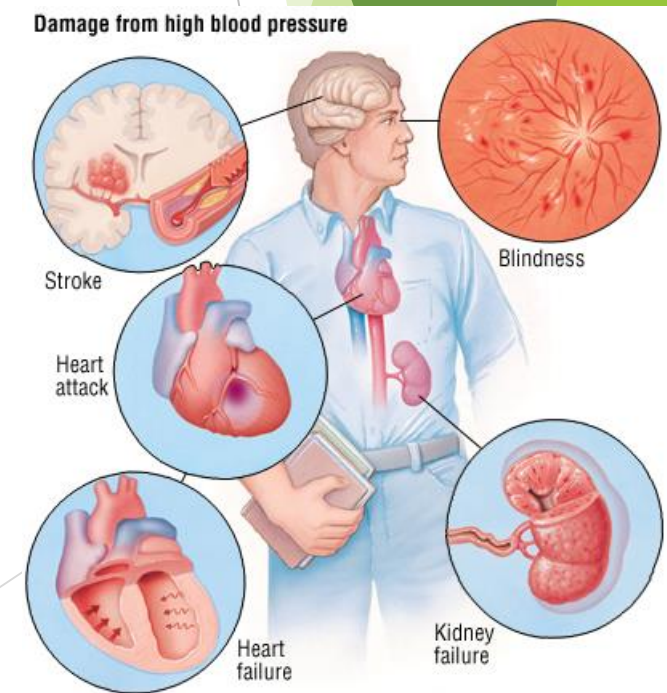
Motivate a Man with Specific Love

- ▶ Be specific about what you'd love to see
 - ▶ I would jump for joy if you'd cut your smoking to 10 a day
 - ▶ I'd love to see you coach Jonny's soccer team
- ▶ Tell him what it would mean to you if.....
 - ▶ It would mean the world to me if you'd exercise with me
 - ▶ I would feel so happy if you would eat 5 vegetables a day
- ▶ Share your concerns
 - ▶ It worries me that your brother has prostate cancer. What do you think?
- ▶ Don't NAG. Telling him 2 times a week is nagging.
 - ▶ Share what you love and move on. Don't get frustrated if he doesn't respond. It's his decision. Nagging only results in stubborn resistance.



Motivate a Man with Honest Truth

- ▶ Once men know the truth, they change.....sometimes
 - ▶ Cancer - Stop smoking
 - ▶ Diabetes - Weight loss
 - ▶ Cirrhosis - Stop drinking
- ▶ Men are not invincible - point that out
 - ▶ “Its My body and I will do what I want!”
 - ▶ True but once you’ve ruined your body there is no getting it back
 - ▶ No one is immune to disease and illness
- ▶ Tell him the consequences if no change
 - ▶ Your family will be taking care of you at 52 after your stroke rather than you taking care of them



Motivate a Man to Blow off Steam

- ▶ Share ideas for appropriate outlets of stress:
 - ▶ “You work so hard for us, why don’t you....golf, fish, bike”
 - ▶ “I heard a good way to relax is to garden”
- ▶ Encourage him to join a soccer league, go hunting, join the gym



Motivate a Man Through Authority

- ▶ Men follow authority figures:
 - ▶ Have physician or medical provider talk to him
 - ▶ Share facts about health from reputable sources
 - ▶ Have a friend, religious leader or someone he admires encourage him



Motivate a Man Through Competition

- ▶ Men are inherently competitive
- ▶ Tell him he can't do something and he may want to prove you wrong
- ▶ Tell him what a neighbor or friend is doing and he may want to show them up



Motivate a Man to be Exemplary

- ▶ Men want to be examples for their children
- ▶ Tell him we need him to be the role model of health for our kids
 - ▶ “Daddy’s going to the gym!”
 - ▶ “Grandpa is eating broccoli and green beans.”
- ▶ We want your kids to say, “My Dad is going to live longer than your dad!”

Motivate a Man with Perspective

- ▶ Men are realists.....a lot of them anyway
- ▶ Reality is 30 minutes of exercise is 2% of your day. You have the remaining 1,410 minutes to work, eat and sleep.
- ▶ 20 years from now what are you doing to say you wish you would have done differently?
 - ▶ Minimize future regrets by prioritizing your health now
- ▶ Reality is eating a vegetable or fruit with every meal is the difference between being sick in the hospital at 54 or playing golf at 74



Summary - What do Macho Men Do?

- ▶ It's hard to motivate a man
- ▶ Encourage him to:
- ▶ Protect himself from the top Man Killers by:
 - ▶ See his medical providers routinely
 - ▶ Follow recommended screening guidelines
 - ▶ Remain compliant with care plans
 - ▶ Live a lifestyle that incorporates a healthy weight, healthy eating choices and exercising regularly
 - ▶ Open up to address mental health concerns early



Take care of you so you can
take care of your family!



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Future Macho Men

