



Men's Health

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

1 Corinthians 6:19-20 NIV

Interesting Health Statistics

1. More than 1/2 of male visits to the doctor are because a female made them go
2. Almost 30% of males don't have a PCP
3. Men are statistically less likely to be insured
4. Men are twice as likely to die from preventable causes than females
5. Men less on avg. 5 yrs less than females and the last 9 yrs on average are in poor health
6. Close to 40% of males are obese and 25% are overweight
7. 70% of men's health issues are preventable with lifestyle changes (discuss more below)
8. Men have a higher death rate than females in CA, DM, heart dz, and suicide
9. Leading cause of death in males is Heart dz, CA, accidents
10. Men are 3x more likely to die of heart disease
11. Middle age men are twice as likely to have diabetes
12. 3/4 suicide deaths are men
13. Heart/lung disease account for nearly 50% of death in males
14. Almost 1/2 of males consider themselves to have poor/fair health as opposed to good/excellent health
 1. 1/3 of men have high blood pressure
 2. 11% males 18+ of have DM
 1. 18% of 55-65 yr olds
 2. 25% 65+
15. Men are 1/2 as likely to get a preventative visit than females
16. 1/2 of men will develop some sort of cancer
 1. 30K men die of prostate cancer yearly

Mental Health Statistics

1. 1/8 men struggle with depression
2. 1/5 will deal with anxiety at some point in their lives
3. Men are 2x more likely to have substance abuse disorder
4. Unemployed male almost 5x more likely to commit suicide
5. 40% of males with mental health don't want to talk about it
6. On average, 11 yrs between onset of symptoms and initiation of treatment

These are a few of the scary statistics/facts in regards to men's health

1. Why do think men are so much more unhealthy compared to females?
2. Why are men are so unlikely to see healthcare?
3. Why won't men seek help for mental health issues?
4. What barriers do you see when it comes to men's health issues?

What can I do to get healthier? How can I prevent preventable diseases?

GET HEALTHY!!! (Recs from AHA, ACS)

1. **FIND a PCP** - start now, find one you trust and can get into for appointments
2. Exercise
 1. AHA recommends 150 minutes of moderate aerobic activity/wk or 75 minutes of vigorous (at least in 10 minute blocks and best spread out over several days/wk). *******150 minutes/wk reduces risk of CVD by 40%*******
 2. Strength workouts 2x/wk
 3. Less than 1/2 of men meet #1, less than 1/4 of men meet both
3. Eat Healthy balanced diet with plenty of fruits/vegetables
 1. Fad Diets don't work, over 95% failure rate
 2. You can't outrun your fork (wt loss is 3/4 diet and 1/4 exercise)
 1. 1/2 marathon vs large Big Mac meal
4. Maintain a healthy weight
5. No tobacco of any kind
6. Limit Alcohol, less is best but 2/day is max
7. Know you family history
8. Protect your skin (above SPF 30 isn't much better, reapply q2 hrs)
9. Pray regularly/quiet time - studies show regular prayer lowers BP, decreases stress
10. Seek help if you are struggling mentally
11. Have a close group of friends you trust
12. Laugh/Hug - both have been shown to reduce stress, BP, HR in general
13. Stay up to date on cancer screenings and wellness exams
 1. Establish pcp at 18-21, visit every 1-3 yrs based on RF, yearly starting at 45-50
 2. Most insurances offer free wellness exams and even provide some monetary benefit for getting wellness exam
 3. Mental Health Screen at annual exam
 4. Colon Cancer - start at 45, regular screenings until 75, above that d/w pcp
 5. Lung Cancer - low dose ct scan for 55-75, relatively healthy, smoked in last 15 yrs and 30+ pack years
 6. Prostate cancer - starting at 50 for average risk, 45 or younger based on significant RF (AAM, + close family hx)
 7. Skin Cancer - yearly skin checks on physical exam and self skin checks regularly