

It's A Guy Thing...

A Presentation On Men's Health

NIFS FITNESS MANAGEMENT





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June Is National Men's Health Month

- National Men's Health Week is June 11-June 17, 2020
- Anchored by a Congressional Health Education Program, Men's Health Month is celebrated across the Nation during the month of June.
- Men's Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities.



Wear Blue this Men's Health Month

Use #ShowUsYourBlue to post pictures and show solidarity for men's health.



Wear **BLUE** Day is Friday, June 19, 2020

Show Your Support for the men and boys in your life
by wearing **BLUE**.

<http://www.menshealthnetwork.org/wearblue/toolbox/>

Goal Of Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.



Did you know?

ON AVERAGE
men live
about
5 years less
than women



1 in 2
men
will develop
cancer

MEN HAVE A
higher death rate
for most leading causes of death
including cancer, heart disease, diabetes, and suicide

APPROXIMATELY
30,000
men
IN THE U.S.
die each year
from
prostate
cancer

Men make
1/2 as many
physician visits for
prevention
as women

Men are more likely to be **uninsured** than women

“There is a silent health crisis in America...it’s the fact that, on average, American men live sicker and die younger than American Women”

-Dr. Davis Gremillion, Men’s Health Network

Health Facts

Men die at higher rates than women from the top 10 causes of death and are victims of over 92% of workplace deaths.

Cause and Rate	Men	Women
Heart Disease	209.1	130.4
Cancer	185.4	134.0
Injuries	65.0	30.8
Diabetes	26.0	16.9
Suicide	21.4	6.0
Homicide	9.9	2.5

- NCHS 2016

Cardiovascular Disease

- Heart disease is the leading cause of death for men in the US- about 1 in every 4 male deaths.
- Average age of first heart attack is 64.7 years for men
- High blood pressure, high blood cholesterol and smoking are key risk factors for heart disease. About half of Americans (47%) have at least one of these risk factors.
- Other risk factors for cardiovascular disease include:
 - [Diabetes](#)
 - [Overweight and obesity](#)
 - [Unhealthy diet](#)
 - [Physical inactivity](#)
 - [Excessive alcohol use](#)

Stroke

- Stroke is the 5th leading cause of death in men
- Stroke is a leading cause of serious long-term disability.
- Other risk factors for stroke include:
 - Smoking - About 1 in 6 men smoke.
 - Overweight and obesity. About 3 in 4 men in the US are overweight or obese
 - Diabetes - About 1 in 8 men have diabetes.
 - Drinking too much alcohol- Men are more likely than women to drink too much alcohol.
 - Not getting enough physical activity - Only 1 in 4 men gets enough physical activity.

Lung Cancer

- Leading cancer killer of both men and women
- 60% to 65% of all new lung cancer diagnoses are among people who have never smoked or are former smokers.
- GOOD NEWS!!—Cases of lung cancer have been dropping since the 1980's
- Risk factors for lung cancer include:
 - Smoking.
 - Exposure to secondhand smoke.
 - Exposure to radon gas.
 - Exposure to asbestos and other carcinogens.
 - Family history of lung cancer.

Prostate Cancer

- Prostate cancer is the most common cancer among men.*
- About 1 man in 9 will be diagnosed with prostate cancer.
- Prostate cancer is the second leading cause of cancer death in American men, behind only lung cancer.
- Finding prostate cancer when it is still at an early stage offers the best hope for living cancer free for a long time.
- Risk factors for prostate cancer include:
 - Family history
 - Increasing age
 - Nationality
 - High-fat diet

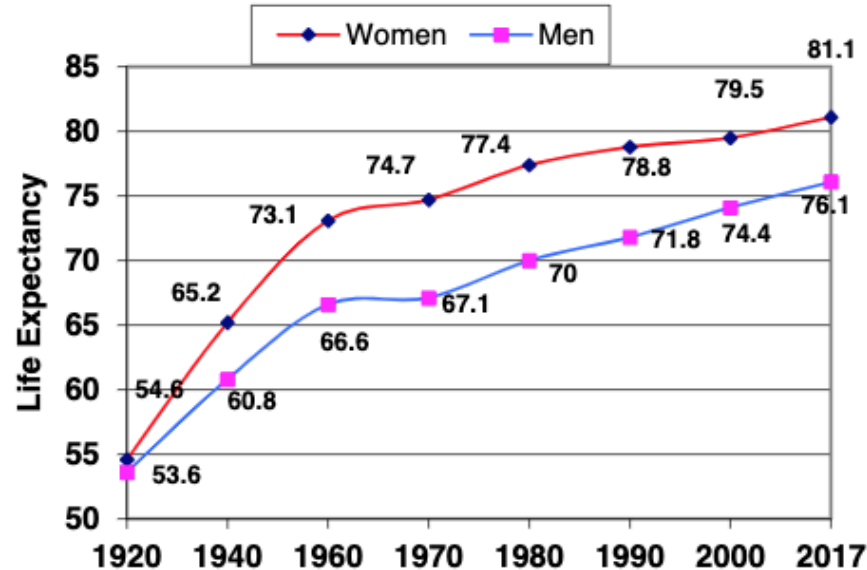
Diabetes

- Diabetes is the 7th leading cause of death in the United States (and may be underreported).
- Most persons with diabetes are 65+.
- Most common is Type-2.
- Diabetes can affect many other health-related issues.
- Risk factors for diabetes include:
 - Are overweight
 - Are age 45 or older
 - Have a parent, brother, or sister with type 2 diabetes
 - Are physically active less than 3 times a week

Suicide/Depression

- In 2018, men died by suicide **3.56x** more often than women.
- For men in the middle years, stressors that challenge traditional male roles, such as unemployment and divorce
- 6 million men have depression each year, many undiagnosed.
- Major risk factors for suicide include:
 - Prior suicide attempt(s)
 - Misuse and abuse of alcohol or other drugs
 - Mental disorders, particularly depression and other mood disorders
 - Access to lethal means
 - Knowing someone who died by suicide, particularly a family member
 - Social isolation
 - Chronic disease and disability
 - Lack of access to behavioral health care

Life Expectancy, By Sex: 1920-2017



Source: CDC/NCHS/ Health, US, 2017: Life Expectancy at Birth.
Obtained 2-17-20.

Life Expectancy, by Sex 1920-2017

Why Are Men At Risk?

- Higher % of men have no healthcare coverage.
- Men make ½ as many physician visits for prevention than women.
- Men are employed in the most dangerous occupations (mining, fire fighting, construction).
- Society discourages healthy behaviors in men.
- Men have less health lifestyles including risk taking at a younger age.



What Can You Do?



See Your Doctor Regularly Even When You Are Not Sick!



“An ounce of prevention is worth a pound of cure”

Learn About Health Issues That Are Common In Men

- Such as prostate problems, osteoporosis, diabetes, and Alzheimer's.
- Find out which screenings and vaccines you need.
- Over 50+: Every year- Physical Exam, BP, Blood Tests, EKG, Rectal exam, PSA Blood Test, Hemoccult

MEN'S HEALTH CHECKLIST

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	✓	✓	✓
BLOOD PRESSURE: High blood pressure (Hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
TB SKIN TEST: Should be done on occasion of exposure or suggestive symptoms at direction of healthcare provider. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
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	✓	✓	✓
EKG: Electrocardiogram screens for heart abnormalities.	Baseline Every 2 years Every year	Age 30	✓	✓
TETANUS BOOSTER: Prevents lockjaw.	Every 10 years	✓	✓	✓
RECTAL EXAM: Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.	Every year	✓	✓	✓
PSA BLOOD TEST: Prostate Specific Antigen 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 healthcare provider.	Every year	•	✓	

CHECKUPS AND SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
HEMOCCULT: Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every year		✓	✓
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			✓
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		✓	✓
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	✓	✓	✓
BONE HEALTH: Bone mineral density test. Testing is best done under the supervision of your healthcare provider	Discuss with a physician		Age 60	
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		✓	✓
SEXUALLY TRANSMITTED DISEASES (STDs): Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, gonorrhea, herpes and other STDs.	Under physician supervision	✓	Discuss	

*African-American men and men with a family history of prostate cancer may wish to begin prostate screening at age 40, or earlier.

Stay Physically Active

The Physical Activity Guidelines for Americans issued by the U.S. Dept. of Health and Human Services (HHS) in 2018 for older adults*

- Move more and sit less throughout the day.
- Do 150 minutes of moderate-intensity aerobic activity each week.
- Aerobic activity should be in bouts of at least 10 minutes duration.
- Do multicomponent physical activity.
- Those with poor mobility, should perform physical activity to enhance balance and prevent falls on 3 or more days per week.
- Muscle-strengthening activities should be done on 2+ days a week.
- When older adults should be as physically active as their abilities and conditions allow.

Nutritional Needs

- Vitamin D, B12, Calcium, Magnesium, Potassium
- Have a healthy eating game plan (and document)
- Eat breakfast
- Eat at least 1 vegetable & 1 fruit at every meal
- Consume the rainbow
- Less is more when it comes to ingredients
- STOP the supersizing
- Whole grains, whole grains, whole grains (more fiber)

Avoid

- sugar-sweetened drinks and foods
- foods made with solid fats—butter, lard, margarine, and shortening
- foods high in added fat (such as butter or lard) and salt ([sodium](#))
- red meat

Sources

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Wellness.nifs.org