

MEN'S HEALTH

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Did you know . . . ?

- Men are **24%** less likely than women to go to a doctor.
- Men are **28%** more likely than women to be hospitalized for congestive heart failure.
- Men are **32%** more likely to be hospitalized for long-term complications of diabetes and **twice** as likely to have a leg or foot amputated due to complications of diabetes.
- Men are **24%** more likely than women to be hospitalized for pneumonia that could have been prevented with an immunization.
- **Simply being male is a risk factor for heart disease!**

Cultural Beliefs

- Historical change in work from more physical labor roles to sedentary jobs
- Belief that disclosing physical illness indicates emotional weakness
- Confront denial and don't delay treatment

Cultural Beliefs

- Gender perceptions and doctor preferences
- Those with more masculine leanings are more likely to choose a male doctor
- Less honest with a male caregiver



Prevention

- Healthy Diet
- Physical Activity
- Drink in Moderation or Not At All
- Quit Smoking
- Immunizations
- Annual Physical and Other Screenings

Healthy Eating

**LEAN
PROTEIN
AND OMEGA-
3s**



**FRESH FRUIT
AND VEGGIES**

Food For Men

- Oysters
- Bananas
- Fatty Fish
- Broccoli
- Brazil Nuts



Food For Men

- Whole Grains
- Plant Stanols
- Soybeans
- Berries
- Red-Orange Vegetables



Physical Activity

- Try to get 30 minutes of moderate activity – mowing lawn, brisk walk, biking – most days of the week
- Strong evidence shows that those who are physically active have a lower risk of diabetes, stroke, heart disease, some cancers, depression and dementia



Alcohol Intake

- Drink in moderation or NOT AT ALL
 - This is defined as no more than two drinks per day for men
 - Two 5 oz. glasses of wine
 - Two 12 oz. bottles of beer
 - Two 1.5 oz. servings of 80-proof liquor

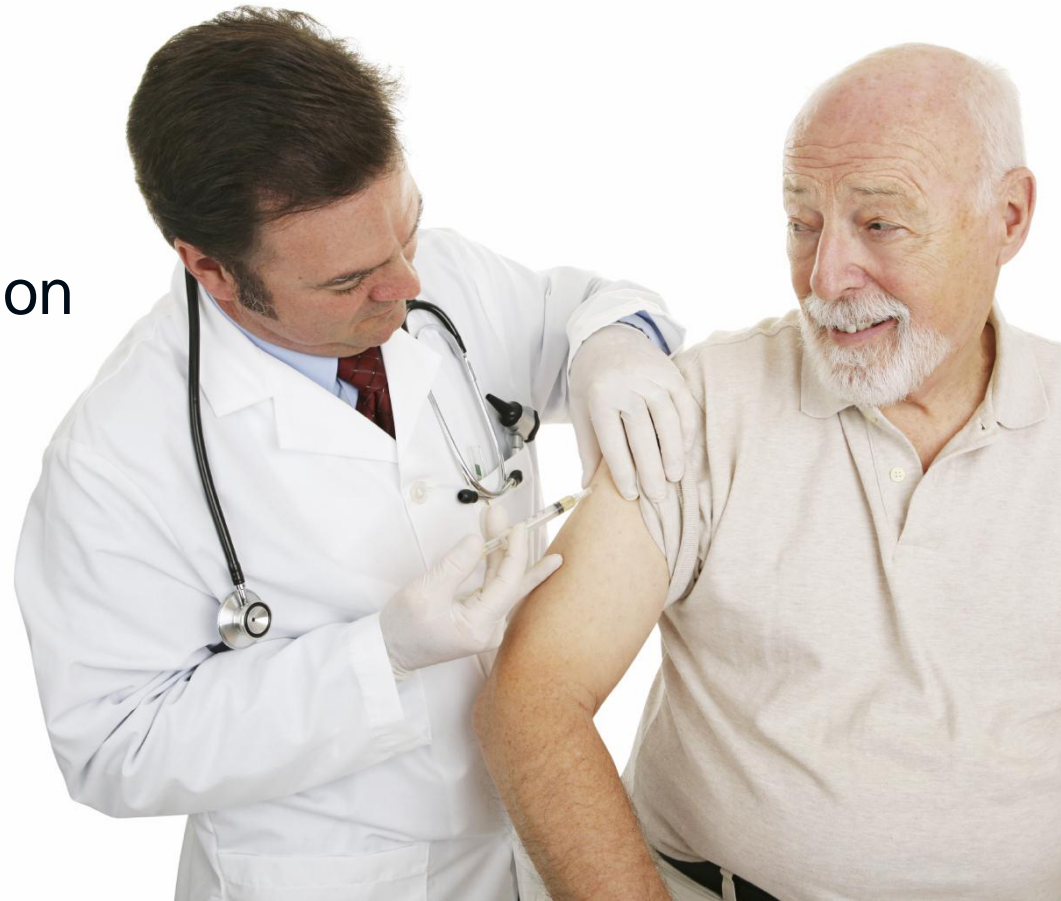
Kick the Habit

- Every smoker is different, so finding what works for you is important.
- Make an appointment with your doctor to discuss ways you can quit smoking.
- Many health plans include stop-smoking aids with a \$0 co-pay at your pharmacy if it is prescribed by your doctor.
 - Individual and phone counseling is also included in most health plans.



Immunizations

- Annual flu shot
- Over 60?
 - Shingles vaccination
- Over 65?
 - Pneumonia vaccination
- Tetanus booster every 10 years



Annual Physical and Other Screenings

- Check Cholesterol Annually If:
 - 35 years and older
 - 20+ and use tobacco, obese, diabetes, high blood pressure, heart disease, family history of heart attack before age 50
- Check Blood Pressure at least every two years
- Lung Cancer
 - Between ages 55-80, smoke now or have quit in last 15 years
- Vision and Hearing As Needed
 - Anytime you have any changes

Annual Physical and Other Screenings

- Colon Cancer
 - Start at age 50, unless you have a family history
- Diabetes
 - Get screened if you have high blood pressure or take medications for high blood pressure
- Depression
- HIV
 - At least once – talk to your doctor to find out how often you should be screened
- Hepatitis C
 - One-time screening if: born between 1945-1965, ever injected drugs, OR received a blood transfusion before 1992

Prostate Cancer: Risk Factors

- Average age at diagnosis is 69
- African American men are more likely to develop prostate cancer and have twice the risk of dying from it
- Family history – father or brother with diagnosis, twice as likely to develop it

Prostate Cancer: Prevention

- Maintain a healthy weight
- Reduce saturated fat intake from red meats and dairy
- Avoid taking in more than 1500mg of Calcium per day
- Eat more fish and avoid trans fats
- Eat more tomatoes and cruciferous veggies



Prostate Cancer: Prevention

- **Yearly** rectal exam and PSA test if over 50 or over 40 in African Americans
- Avoid smoking and drink in moderation
- Seek treatment for stress, high blood pressure, high cholesterol, and depression
- Avoid over supplementation with “megavitamins”
 - in particular folate
- Relax and enjoy life!

LMHO – Louisiana Men's Health Organization

- 2016 Men's Health Conference
 - **Saturday, August 27, 2016, at Pennington Biomedical Research Center**
 - <http://www.lamenshealth.org> to register
 - Purpose: heighten the awareness of preventable health problems and encourage early detection and treatment, as well as to educate on health risks specific to men of different ages and races
 - **FREE** Health Screenings and special smaller group sessions with medical professionals

Questions?

