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](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?