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MEN'S HEALTH





# Agenda

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- Introduction
- Health differences between men and women
- Leading causes of death in men
- Men and self-care
- Men's health by age
- Risk factors
- Screenings
- Stress management
- Disease prevention
- Steps to a healthier you

# Learning Points

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Participants will:

- Review the differences between men's and women's health
- Determine the leading causes of death in men
- Explore the barriers to men seeking health care
- Identify the health risk factors for men
- Discuss stress management
- Examine disease prevention
- Identify steps to take to achieve healthier you

# Facts

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## Average Life Span

Men: 76 years

Women: 81 years

Among those over 100 years old, 80% are women

# Why the Difference?

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## Men:

- Eat more foods that raise cholesterol (red meat)
- Are more reluctant to seek preventative exams; more than 7 million American men haven't seen a doctor in more than 10 years
- Are uncomfortable talking about their health with their doctor

## Women:

- Make twice as many preventive care visits as men; excluding pregnancy
- Have lower iron, which could contribute to longer life

# Leading Causes of Death in Men

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1. Heart disease
2. Cancer
3. Unintentional injuries
4. Chronic lower respiratory diseases
5. Stroke
6. Diabetes
7. Suicide
8. Alzheimer's disease
9. Influenza and pneumonia
10. Chronic liver disease

# Why Don't Men Take Better Care of Themselves?

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- How they were raised
- What they were taught; “be tough”, ignore aches and pains
- Fears they may have about physical exams
- How they view themselves relative to their lives:
  - 20's — Indestructible
  - 30's — Too busy
  - 40's - 50's — Too late



## CHECK-UP

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When was your last annual exam; complete physical with chest x-ray and blood work?

How long do you wait between oil changes for your car?

Don't wait until you have a problem!



# Finding A Doctor

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Most men spend more time researching the purchase of electronics than choosing a doctor

Understand that your insurance provider may limit your choices, so to find a physician:

- Use preferred provider lists as a start
- Ask friends and co-workers
- Start with a general practitioner
- Check to see if you need a referral from your primary care provider to see a specialist
- Go to someone you can feel comfortable talking to



# Health in Your 20's & 30's

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## Annual Exams

- Vaccinations
- Screenings for STD's, blood pressure, cholesterol and Type 2 Diabetes

## Best Practices

- Establish a relationship with your doctor now, while you are in good health
- Maintain healthy eating, exercise, sleep and stress management

# Health in Your 40's & 50's

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## Annual Exams

- Vaccinations
- Screenings for STD's, blood pressure, cholesterol and Type 2 Diabetes, colon and prostate cancers

## Best Practices

- Maintain a healthy weight by eating healthy and exercising
- Cardiovascular risk factors increase at this age

# Health in Your 60's

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## Annual Exams

- Vaccinations including shingles (60) and pneumonia (65)
- Screenings for STD's, blood pressure, cholesterol, Type 2 Diabetes, colon and prostate cancers

## Best Practices

- Practice mental fitness and brain exercises
- Stay active and exercise to build strength
- Focus on your emotional/ and social well being

# Risk Factors

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## What You Can't Control

- Age
- Gender
- Heredity

## What You Can Control

- Smoking
- Diet
- Exercise
- Alcohol intake
- Stress management

# Know Your Numbers

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- Cholesterol
  - Total cholesterol < 200
  - LDL (bad cholesterol) < 100
  - HDL (good cholesterol) 40 +
- Triglycerides < 150
- Blood Pressure < 120/80
- Glucose < 100 (fasting)

# Stress Management

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Avoid stressful situations,  
whenever possible



Practice deep  
breathing



Exercise



Change your thinking

# Preventing Lung Cancer

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- Quit smoking, NOW
- Eat a diet rich in fruits and vegetables
- Test for Radon
- Limit your exposure to fumes at work and at home
- Avoid second hand smoke



# Prostate Cancer

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- What is prostate cancer?
- What causes prostate cancer?
- How can you prevent it?
- How common is it? (one in 8 men diagnosed)
- How serious is it? (one in 41 die)
- What are the symptoms?
  - Blood in the urine
  - Need to urinate frequently, especially at night
  - Weak or interrupted urine flow
  - Pain or burning feeling while urinating
  - Constant pain in the lower back, pelvis or upper thighs

*Many men with prostate cancer often have no symptoms*

# Screening for Prostate Cancer

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Screening means looking for signs of disease in people who have no symptoms

Screening for prostate cancer is looking for early-stage disease, when treatment is possibly more effective

## Screening Tools For Prostate Cancer:

- Digital rectal examination
- Prostate specific antigen (PSA) test

*These tests don't diagnose the cancer*

# Skin Cancer

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- Most common cancer for men and women
- You are at greater risk if you have:
  - Family history of skin cancer
  - Many moles — more than 50 on your entire body — or large moles
  - Skin that burns easily — fair skin, blue eyes
- Sun exposure is the single most preventable risk factor
- Men are more likely to die from Melanoma than women
- Not high on US death statistics because it is very treatable

# Preventing Colorectal Cancer

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- Being physically activity
- Maintaining a healthy weight
- Eating a healthy diet, with an emphasis on plants
- Choosing foods and beverages in amounts that help achieve and maintain a healthy weight
- Eating five or more servings of a variety of fruits and vegetables each day
- Choosing whole grains, rather than refined grains
- Limiting consumption of processed and red meats

# Preventing Colorectal Cancer

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It's highly curable if caught early; after the first abnormal cell, it takes 10-15 years to develop into colorectal cancer

The key to prevention is screening or testing, starting at age 50

Those who have a family history or other risk factors for colorectal polyps or cancer, such as inflammatory bowel disease, should talk with their doctor about starting screening at a younger age and/or getting screened at more frequent intervals

# Diabetes Prevention

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- Increase. Increase fruit and vegetable consumption
- Include. Include more fiber
- Decrease. Decrease fat intake
- Move. Get regular exercise
- Maintain. Maintain a healthy weight; know your body mass index (BMI)

# Injury Prevention

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- Wear a seat belt and follow the speed limit
- Do not drink and drive
- Wear a helmet while riding a bicycle, motorcycle, or skiing
- Stay active to prevent falls; maintain balance
- Use appropriate lifting techniques
- Practice gun safety
- Ask for help when you need it
- Practice safe sex
- Protect yourself from the sun



# Steps to A Healthier You

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- Maintain a healthy weight: watch the waist measurement and body mass index
- Stay physically active: aim for 30 minutes / day
- Stop smoking
- Manage stress
- Limit alcohol:
  - Two drinks or less / day, or as instructed by your physician
  - Portion size for alcohol: one drink = 12 oz beer, 5 oz wine, or 1½ oz of hard liquor
- Eat a healthy diet: include plenty of fruits and vegetables
- Have regular exams and screenings





# Resources

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- [www.cancer.org](http://www.cancer.org)
- [www.ahrq.gov](http://www.ahrq.gov)
- [www.menshealth.com](http://www.menshealth.com)
- [www.cdc.gov](http://www.cdc.gov)

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# Your Kepto EAP

- EAP Services available to employees, any household members and dependents
- Confidential
- EAP Counselors available 24/7/365 via 833-539-7285
- Up to 6 in person counseling sessions, per issue, per year, per household member
- Management Consultations
- Financial/Legal Consultation and Referral Service
- Work/Life & Convenience Services
- <https://sowi.mylifeexpert.com> Company code: SOWI

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**We want to hear your  
feedback! Please  
complete a training  
evaluation.**

**Thank you!**



<https://app.smartsheet.com/b/form/dacb2d9b38564db4afb5ab8426d91ad6>



# Questions & Answer

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Men's Health