Men’s Health
A Healthy Man is a Macho Man

Not so Macho

Mucho Macho
So you think you are Macho - Well not so fast Mr.!

✓ Males are born strong!?  
  ✓ More male than female births per year yet by age 35 females out number males

✓ Macho Men protect their wives!?  
  ✓ 9 million people live alone - 80% are women
  ✓ Over half of widowed women who live in poverty were not poor before their husbands died

✓ Macho Men live long!?  
  ✓ Men die younger than women
  ✓ Women 81, Men 76

Source: CDC/NCHS/ Health US. 2015: Life Expectancy at Birth. 65 and 85 Years of Age, US, Selected Years 1990-2014 (Source: NVSS) Obtained 8-9-16.
Why Women are more Macho than Men

- Women are 100% more likely to see a doctor for preventive care than men
- More women have health coverage than men
- Society portrays:
  - Risk taking and unhealthy behaviors in men and boys as COOL!
    - Now that’s Macho!???
  - Men who address health problems early are weak
    - Men die at higher rates than women in the top 10 causes of death in the US
Come on Men!

What are we going to do about it?

MEN:

Get It Checked.

Checkup and Screening Guidelines for Men

<table>
<thead>
<tr>
<th>Checkups and Screenings</th>
<th>When?</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Exam</td>
<td>Every 3 years</td>
<td>20-39</td>
</tr>
<tr>
<td>Blood Pressure</td>
<td>Every 2 years</td>
<td>40-49</td>
</tr>
<tr>
<td>TB Skin Test</td>
<td>Every year</td>
<td>50+</td>
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<tr>
<td>Blood Tests &amp; Urinalysis</td>
<td>Every year</td>
<td>50+</td>
</tr>
<tr>
<td>EKG</td>
<td>Every year</td>
<td>Age 30</td>
</tr>
<tr>
<td>Tetanus Booster</td>
<td>Every 10 years</td>
<td>50+</td>
</tr>
<tr>
<td>Rectal Exam</td>
<td>Every year</td>
<td>50+</td>
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<tr>
<td>PSA Blood Test</td>
<td>Every Year</td>
<td>50+</td>
</tr>
<tr>
<td>Hematuria</td>
<td>Every Year</td>
<td>50+</td>
</tr>
<tr>
<td>Colorectal Health</td>
<td>Every 3.4 years</td>
<td>50+</td>
</tr>
<tr>
<td>Chest X-Ray</td>
<td>Discuss with a physician</td>
<td>50+</td>
</tr>
<tr>
<td>Bone Health</td>
<td>Discuss with a physician</td>
<td>Age 60</td>
</tr>
<tr>
<td>Self Exams</td>
<td>Monthly by self</td>
<td>50+</td>
</tr>
<tr>
<td>Testosterone Screening</td>
<td>Discuss with a physician</td>
<td>50+</td>
</tr>
<tr>
<td>Sexually Transmitted Diseases (STDs)</td>
<td>Under physician supervision</td>
<td>50+</td>
</tr>
</tbody>
</table>

Men’s Health Network does not provide medical services and provides this educational material as a reminder of your need to take responsibility for your own health. Regular checkups and appropriate screenings can help you and your health-care provider detect and manage any conditions you might have.

Top 7 Men Killers

1. Heart disease
2. Cancer
3. Accidents
4. Chronic lower respiratory disease
5. Stroke
6. Diabetes
7. Suicide
8. Erectile Dysfunction
Heart Disease - Man Killer #1 (Coronary Artery Disease - CAD)

- Responsible for 24.5% of annual deaths in men
- Peak age of incidence 55 to 65 years old
Heart Disease - Screening

- General medical check up with medical provider
  - 20 to 40 years old - every 3 years
  - 40 to 50 years old - every 2 years
  - Over 50 - every year

- Blood Pressure - Every 2-3 years if 20 to 39. Annually once 40

- Cholesterol Screening - Every 4 to 6 years once 20

- ECG - Every 1 to 2 years once 40
Heart Disease - Risk Factors

- Age
- Male sex
- Hypertension
- Hyperlipidemia
- Diabetes mellitus
- Obesity
- Chronic Kidney Disease
- Tobacco use
- Peripheral vascular disease
- Family history

Highlighted risks are preventable or modifiable

“He never listens to me. He marches to an irregular heartbeat.”
Heart Disease Care - Prevention Reduce the Risks!

- Stop Smoking!!!!
- Lower Alcohol consumption
- Do On Purpose Exercise 4 to 5 days per week
- Diet - Mediterranean Diet
  - Vegetables, Fruits, Fish, Olive oil
- Control Blood Pressure
- Lower Cholesterol - Statin Medication?
- Lose Weight - If needed
- Diabetes care
Heart Disease: How it Presents

- Silent!!! Sneakily Develops until.......
- Acute angina:
  - Left sided chest pain
  - Heavy, squeezing - may radiate to neck
- Sweating
- Shortness of breath
- Fatigue
- Nausea
- May occur with physical or emotional stress

- If acute chest pain go to the Emergency Room
Heart Disease - Caused by Hyperlipidemia

- High Total Cholesterol
- High LDL Cholesterol
- High Non-HDL Cholesterol

Goals for Lipids

- **LDL**
  - < 100 → Optimal
  - 100-129 → Near optimal
  - 130-159 → Borderline
  - 160-189 → High
  - ≥ 190 → Very High

- **Total Cholesterol**
  - < 200 → Desirable
  - 200-239 → Borderline
  - ≥ 240 → High

- **HDL**
  - < 40 → Low
  - ≥ 60 → High

- **Serum Triglycerides**
  - < 150 → normal
  - 150-199 → Borderline
  - 200-499 → High
  - ≥ 500 → Very High
Hyperlipidemia - Screening

- Blood work:
  - Non-fasting Total Cholesterol and HDL
    - Or
  - Fasting Lipid Panel
- Check blood every 4 to 6 years in patients 20 to 70 who do not have atherosclerotic heart disease
- Calculate the 10-year atherosclerotic cardiovascular disease risk for persons 40 to 70
CANCER #2 Man Killer

#1- Lung cancer
#2- Prostate cancer
#3- Colorectal cancer
Prostate Cancer - The Stats

- Most common cancer in men (next to skin cancer)
  - Almost always Adenocarcinoma
- American Cancer Society Predicts:
  - 164,690 new cases in 2018
  - 29,430 deaths in 2018
- 1 in 7 men will have in lifetime
Prostate Cancer - Risk Factors

- **Age**
  - 90% occur in men 50 and older
  - Average age at diagnosis 66

- **Race**
  - African American and Caribbean African decent
    - Rates 70% higher than in whites
    - Death rate for African American men is twice the rate for white men

- **Family history (Brother > Father)**
- **High fat diet (processed meats & dairy)**
Prostate Cancer - Prevention

- Diet
  - Low red meats, saturated fat
  - High in fruits and veggies

- 5-alpha reductase inhibitors for Benign Prostatic Hypertrophy (BPH)
  - Finasteride and Dutasteride
Prostate Cancer - Screening

- Talk about Pros and Cons with provider

Start this discussion when:

- 50 yo and at average risk
- 45 yo and at high risk
  - All African Americans men
  - Men with 1st degree relative who had prostate cancer younger than 65 when diagnosed
- 40 yo men at very high risk
  - More than one first degree relative with prostate cancer
- Men who do not have a life expectancy of > 10 years do not need screening. Probably die of other causes first.
Prostate Cancer - Screening

- If patient chooses to be screened it is:
  - Prostate Specific Antigen (PSA) blood test
  - Digital Rectal Exam (DRE)

- If PSA > 4 and or DRE finds a prostate nodule then referral to Urology for a prostate biopsy
  - PSA > 10 = 50% chance of prostate cancer
  - PSA between 4 & 10 = 25% chance

- If PSA < 2.5 and DRE normal screen again in 2 years
- If PSA > 2.5 but less than 4 and DRE normal screen again in 1 year
Stroke - Man Killer #5

A loss of blood supply resulting in focal neurologic deficit

Ischemic
Or
Hemorrhagic

55,000 male deaths per year
Stroke - Risks Factors

- Hypertension
- Hyperlipidemia
- Diabetes Mellitus
- Smoking
- Atrial Fibrillation
- Obesity
Stroke - How it Presents

- Ask patient to: Smile, Raise both arms
- Repeat phrase: “You can’t teach an old dog new tricks”
Stroke - What to do

- Call 911 - Ambulance to a Hospital Stroke Center
- At Emergency Room
  - CT scan - Ischemic vs Hemorrhagic

- Treatment
  - Ischemic
    - IV TPA (Tissue Plasminogen Activator) Alteplase, Tenecteplace
    - Administer within 3 hours of symptoms onset
  - Hemorrhagic
    - Neurosurgery
# Stroke Prevention - Blood Pressure (BP) Control

<table>
<thead>
<tr>
<th>Stage</th>
<th>Systolic</th>
<th>Diastolic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>&lt;120</td>
<td>&lt;80</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120-139</td>
<td>80-89</td>
</tr>
<tr>
<td>Stage 1 Hypertension</td>
<td>140-159</td>
<td>90-99</td>
</tr>
<tr>
<td>Stage 2 Hypertension</td>
<td>&gt;160</td>
<td>&gt;100</td>
</tr>
</tbody>
</table>
Hypertension - Screening

- Check BP every 2-3 years for men:
  - 18-39 years old and normal BP (< 130/85 mm Hg)
- Check BP annually for men:
  - ≥ 40 years old
  - High-normal BP (130 to 139/85 to 89 mm Hg)
  - Overweight or obese
Hypertension - Prevention

- Maintain normal body weight
  - Body mass index [BMI] 18.5-24.9 kg/m\(^2\) and
  - Waist circumference (< 102 cm [< 40 inches] men

- Moderate intensity exercise
  - 30 to 60 minutes - 4 to 7 days per week

- Diet rich in:
  - Fruits, Vegetables, Low fat dairy, fiber, whole
    grains, plant proteins, reduced saturated fats
  - DASH diet - low sodium
    - 2,000 mg (87 mmol or 5 g salt) per day

- Limit alcohol:
  - ≤ 2 drinks/day
  - ≤ 14 drinks/week

- Stop smoking
Hypertension - Treatment

- Persons < 60 years old
  - Lifestyle changes
  - Consider Medication when BP >140/90
- Persons > 60 years old
  - Lifestyle changes
  - Consider Medication when BP >150/90
Man Killer #6 - Diabetes

- Over 41,000 men die of diabetes annually in US

- “Evidence ....shows that programs using Community Health Workers to target populations at increased risk of type 2 diabetes improved health outcomes, including blood sugar control (HbA1C, fasting blood glucose) and weight reduction. They also reduced rates of new-onset diabetes.” ~ The Community Guide online website
Diabetes - How to prevent this Man Killer

- Intensive behavioral lifestyle intervention
  - >7% weight loss
  - Moderate intensity activity > 150 minutes per week
- Dietary recommendations
  - Lots of High fiber
  - Low sugar
  - Vegetables, fruits, whole grains, legumes, dairy
  - Omega 3 fatty acids
    - Fish, nuts, seeds
  - Avoid sugar beverages
    - Soda, Gatorade, Energy drinks
Man Killer #7 - Suicide

- 77% of all suicides are males
- Firearms most common method among males (56.9%)
- 121 suicides each day, one every 13 minutes
Suicide - Risk Factors

- Times of economic crises
- Loneliness
  - Highest among divorced, separated, and widowed
- Substance abuse
  - Alcohol, Heroin, Opiates/Painkillers
- A loved one committed suicide
- Depression/Mental Health Disorder
  - Life crisis - Lost identity
  - Hopelessness
- Previous suicide attempts
  - Almost half of completed suicides are preceded by a previous attempt
  - Man with previous attempt is 23 times more likely to eventually end own life than man without an attempt
- Physical illness or disability
Suicide - Care

- Recognize risk early and reach out to them
- Encourage to get help
  - Medical provider for medication
  - Counseling
  - Substance abuse treatment (e.g., Alcoholics Anonymous, Narcotics Anonymous)
- Immediate risk to self or others
  - Police welfare check
  - Place patient in a safe environment - Take to Emergency Department
    - Hospitalization in psychiatric or medical unit
Erectile Dysfunction

- Maybe not a Man Killer but definitely a Macho Mellower
  - Inability for a man to obtain or maintain an erection
  - 25-30 million men > 18 yrs old affected
  - 52% of men age 40-70
ED: Why does it happen?

- Organic vs Psychologic
  - 70-80% due to organic cause - but leads to psychological problem

- Organic Causes: Vascular & Neurologic disorders
  - Atherosclerosis
    - Most commonly secondary to diabetes
  - Surgical complications - ie: prostate surgery

- Psychologic Causes:
  - Depression
  - Relationship problems
  - Performance anxiety
ED - Treatment

Organic causes:
- Stop smoking/alcohol
- Treat DM, HTN

Medications:
- Oral selective inhibitors of phosphodiesterase type 5
  - Effective 60-75% of time
- Sildenafil (Viagra), Tadalafil (Cialis), Vardenafil (Levitra)

Urologist directed remedies
ED - Treatment

Psychologic origin:
- Provide reassurance & education
- Treat depression
- Counseling or other relationship improvement services
7 Ways to Motivate a Man to be Macho?!

- 1- Specific Love
- 2- Honest Truth
- 3- Blow off steam
- 4- Authority
- 5- Competition
- 6- Be Exemplary
- 7- Life in perspective
Motivate a Man with Specific Love

- Be specific about what you’d love to see
  - I would jump for joy if you’d cut your smoking to 10 a day
  - I’d love to see you coach Jonny’s soccer team
- Tell him what it would mean to you if......
  - It would mean the world to me if you’d exercise with me
  - I would feel so happy if you would eat 5 vegetables a day
- Share your concerns
  - It worries me that your brother has prostate cancer. What do you think?
- Don’t NAG. Telling him 2 times a week is nagging.
  - Share what you love and move on. Don’t get frustrated if he doesn’t respond. It’s his decision. Nagging only results in stubborn resistance.
Motivate a Man with Honest Truth

- Once men know the truth, they change......sometimes
  - Cancer - Stop smoking
  - Diabetes - Weight loss
  - Cirrhosis - Stop drinking

- Men are not invincible - point that out
  - “Its My body and I will do what I want!”
    - True but once you’ve ruined your body there is no getting it back
  - No one is immune to disease and illness

- Tell him the consequences if no change
  - Your family will be taking care of you at 52 after your stroke rather than you taking care of them
Motivate a Man to Blow off Steam

- Share ideas for appropriate outlets of stress:
  - “You work so hard for us, why don’t you...golf, fish, bike”
  - “I heard a good way to relax is to garden”
- Encourage him to join a soccer league, go hunting, join the gym

Motivate a Man Through Authority

- Men follow authority figures:
  - Have physician or medical provider talk to him
  - Share facts about health from reputable sources
  - Have a friend, religious leader or someone he admires encourage him

![Motivation Image]
Motivate a Man Through Competition

Men are inherently competitive

Tell him he can’t do something and he may want to prove you wrong

Tell him what a neighbor or friend is doing and he may want to show them up

Motivate a Man to be Exemplary

Men want to be examples for their children

Tell him we need him to be the role model of health for our kids

“Daddy’s going to the gym!”

“Grandpa is eating broccoli and green beans.”

We want your kids to say, “My Dad is going to live longer than your dad!”
Motivate a Man with Perspective

- Men are realists.....a lot of them anyway
- Reality is 30 minutes of exercise is 2% of your day. You have the remaining 1,410 minutes to work, eat and sleep.
- 20 years from now what are you doing to say you wish you would have done differently?
  - Minimize future regrets by prioritizing your health now
- Reality is eating a vegetable or fruit with every meal is the difference between being sick in the hospital at 54 or playing golf at 74
Summary - What do Macho Men Do?

- It’s hard to motivate a man
- Encourage him to:
- Protect himself from the top Man Killers by:
  - See his medical providers routinely
    - Follow recommended screening guidelines
    - Remain compliant with care plans
  - Live a lifestyle that incorporates a healthy weight, healthy eating choices and exercising regularly
  - Open up to address mental health concerns early

Take care of you so you can take care of your family!
References

- Diabetes Prevention: Interventions Engaging Community Health Workers Improve Risk Factors and Health Outcomes. The Community Guide. Available at: https://www.thecommunityguide.org/content/community-health-worker-interventions-help-prevent-diabetes
Future Macho Men