

Men's Health Facts

There is a crisis in men's health. Because of poor health habits, lack of health insurance, failure to seek medical attention, and dangerous occupations, men live sicker and die younger than women.

Men die at higher rates for 9 of the top 10 causes of death. This includes deaths from cancer, diabetes, suicide, and accidents; and diseases of the heart, kidney, and liver.

Living longer and healthier

Take control of your health by getting a yearly check-up from your healthcare provider. Your best chance of avoiding health problems that afflict men are prevention, self examination, and regular physician visits.

Regular screening can catch many health problems in an early stage, when treatment is most likely to be successful.

If you do not have a healthcare provider or cannot afford one, look for health fairs, free clinics, and free screening events in your area. Ask your employer, fraternal organization, or place of worship to establish a yearly health fair or screening event. Men's Health Network can provide advice and guidance for these events.

For more information on these and other health problems which affect men, consult with a healthcare professional or contact Men's Health Network.

For information about screening guidelines, order our "Get It Checked" brochure or visit www.GetItChecked.com

Men's Health Resource Center

www.menshealthresourcecenter.com

Men's Health Library

www.menshealthlibrary.com

Men's Health Network

www.menshealthnetwork.org

Prostate Health Guide

www.prostatehealthguide.com

Male Breast Cancer Resource Center

www.mensbreastcancer.com

Men's Health Month

www.menshealthmonth.org

Visit the store for helpful materials.

www.mhnstore.com

Clinical Trials and You

When discussing treatment options with your healthcare provider, ask about participating in clinical trials. Learn more at: www.clinicaltrials.gov



PLEASE NOTE: Men's Health Network does not provide medical services. Rather, this information is provided to encourage you to begin a knowledgeable dialogue with your physician. Check with your healthcare provider about your need for specific health screenings.

MEN'S HEALTH NETWORK

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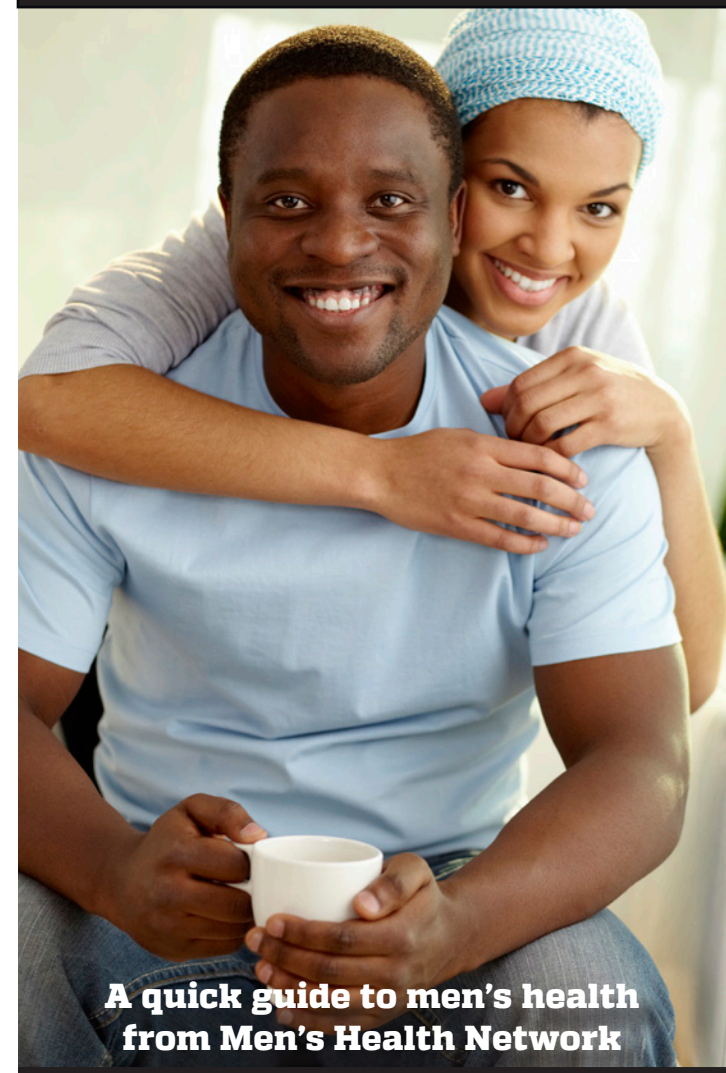
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Health Facts for Men

and those who love them



A quick guide to men's health
from Men's Health Network

MN HealthZone

www.menshealthnetwork.org

12 Important Health Concerns

Ask your healthcare provider for more information about the following:

1. Prostate Cancer:

Approximately 30,000 men die of prostate cancer each year. All men should consider a baseline PSA (Prostate Specific Antigen) blood test at age 40. Men with a family history of prostate cancer, African-Americans, and Veterans exposed to Agent Orange are at high risk. These men should consider getting screened each year beginning at age 40, age 50 for all other men. This consists of a blood test and a quick physical exam.

2. Prostate Health:

BPH (benign prostatic hyperplasia) and prostatitis are also concerns for men. Both cause the prostate to swell and can cause painful or difficult urination. BPH—sometimes called “prostate enlargement”—is common among aging men. Half of men between the ages of 50 and 60 will develop it, and about 90% of men aged 70 or 80.

Prostatitis—may be caused by an infection and is the most common prostate problem for men under 50. About half of adult men will be treated for it in their lifetime.

3. Erectile Dysfunction:

The revolution in thinking about male sexual dysfunction, following the introduction of Viagra, offers new hope for men suffering from erectile problems. Failure to achieve and maintain an erection can be caused by heart disease, diabetes, certain medications, lifestyle, or other problems.

4. Cardiovascular Disease:

Heart disease and stroke are often associated with high cholesterol and high blood pressure. Both can usually be controlled with diet and exercise, sometimes combined with medication.

5. Testicular Cancer:

Testicular cancer is the most common form of cancer in men ages 20-35 but can occur any time after age 15.

6. Diabetes:

You may have diabetes and not know it. It is not unusual for diabetes to go undetected for years. Men with diabetes are more likely to suffer from heart disease, stroke, kidney disease and vision problems.

7. Skin Cancer:

Anyone who spends a lot of time in the sun is at risk for skin cancer. Other factors include family history, repeated x-ray exposure and exposure to some chemical compounds such as arsenic and coal.

8. Low Testosterone:

As men age, their testosterone decreases. This can cause andropause, a condition similar to menopause in women, and may lead to erectile dysfunction, fragile bones, depression, fatigue and other problems.

9. Colorectal Cancer:

Cancer of the colon and rectum can usually be treated if caught early. These cancers may be caused by diets high in fat and low in fiber.

10. Depression:

Men are less likely than women to seek help for depression and are 4x as likely to commit suicide. If you feel “down and out”, “hopeless”, or “sad” for an extended period of time, you may be suffering from depression. Help can take the form of medication, counseling, or a combination of both.



Other Diseases and Conditions:

- **Breast Cancer** can also afflict men.
- **STDs:** Prevention is the key to avoiding sexually transmitted diseases (STDs). Practice safe sex.
- **Facial Hair:** Beard hair on black men grows curved as does other body hair. After shaving, especially with close shaving, the hair may grow back into the skin, resulting in bumps on the face and neck. Some men find that using an electric razor or not shaving against the grain helps. Those men who suffer from this problem should see a dermatologist for advice.

11. Lung Cancer:

Lung cancer is the #1 cancer killer of men but can be almost totally prevented if men make lifestyle changes and take certain precautions. Risk factors include smoking and exposure to asbestos and radon.

12. Osteoporosis:

Osteoporosis, or loss of bone density, is usually thought of as a women’s disease but is now also recognized as a man’s problem. If left untreated, this can lead to broken bones and permanent disability or death.

