

Tennessee Men's Health Network™

ANNUAL REPORT 2007-08

An Informational and educational organization
recognizing men's health as a legitimate social concern



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August 31, 2008

Dear Community Leader,

The Tennessee Men's Health Network's mission is to serve as Tennessee's premier men's health resource center and to build stronger families through better health. In order to accomplish this mission, our organization has made a collective promise that a commitment to service will be the fundamental cornerstone of our organization and to all the program partners throughout communities in Tennessee.

I am pleased to present to you the Tennessee Men's Health Network's 2007-08 Annual Report, a report that outlines our programs, events and activities, and other details regarding our organization. Through this report, you will learn about many of our unique signature programs, along with achievements throughout the year. Most of all, you will learn why I am so proud of the people, organizations, and other stakeholders associated with the Tennessee Men's Health Network. I hope that you can see the many ways our commitment helps us fulfill our mission to Tennessee families.

Sincerely,

Ronald K. Henry
President

Tennessee Men's Health Network

The Tennessee Men's Health Network™ (TMHN), an affiliate of the national Men's Health Network (MHN), was created in 2003 as a resource center with an acute focus on an educational campaign to significantly improve male health, longevity, and quality of life. The Network is comprised of physicians, researchers, public health workers, and individuals.

TMHN is committed to improving the health and wellness of men, boys, and their families through education campaigns, data collection, surveys, toll-free hotlines, and work with health care providers. With a network of chapters, affiliates, and health partners, TMHN has a presence in each part of the state. TMHN conducts screenings in the workplace and at public venues, sponsors conferences, and promotes awareness periods such as National Men's Health Week. TMHN partners with both private and public entities to achieve these goals.

TMHN's Goals

- Save men's lives by reducing premature mortality of men and boys
- Foster health care education and services that encourage men of all ages to implement positive lifestyles for themselves and their families
- Increase the physical and mental health of men so that they can live fuller and happier lives
- Significantly reduce the cycles of violence and addiction that afflict so many men
- Energize government involvement in men's health activities so that existing government health networks can be utilized to increase the health and well-being of men and boys
- Encourage women to expand on their traditional role as the family's health care leader and activist for enhancement of health care services

Men's Health as a Public Health Issue

Simply put, there is a silent crisis in America, a crisis of epic proportions: on average, American men live shorter and less-healthy lives than American women.

- Males have a 2.4-fold higher mortality due to accidents and violence.
- Men lead in each of the top 10 causes of death in America.
- The life span of males is 5.7 years shorter than their female counterparts.
- Males have an overall age-adjusted mortality 1.6 times greater than that of females. This applies across the diagnostic spectrum, including heart disease, cancer, and chronic liver disease.

*Dr. David Gremillion, MHN's Board of Directors
Professor, University of North Carolina School of Medicine*

A recent Centers for Disease Control and Prevention (CDC) study of ambulatory care by women illustrates just how wide the health care gulf between the two sexes is. Among other things, the study found that:

- Excluding pregnancy-related office visits, women make twice as many preventative care visits as men.
- As would be expected, there are more drug mentions per population among women than there are men, since there are more visits per population.

The study's authors offered several possible explanations for this disparity: Women's self-reported health is, on average, worse than men's, which may either reflect more illness or differences in the way health is viewed or discussed by women. Women generally are responsible for their family's health and so may think about health care needs more than men. They are more likely to have a usual source of care, which is a strong predictor of health care utilization. They also tend to use medical care for screening and health education more often than men. Women have been said to also be more likely to report and act on illness, although research has not always borne this out.

Men's devotion to the workplace is also partly to blame. Various studies have shown that men are less likely than women to take time off from work for health related issues. Men's reluctance to make timely health care visits, however, is not only a function of work and time, but also of the way our culture socializes boys from the earliest age: "big boys don't cry." That attitude extends to the workplace where men feel compelled to ignore their own physical (and mental) health needs and put in a "full 40 hours" ... or more ... knowing in their hearts that if they take time off for anything less than a true health emergency, they will lose status in the workplace, and, in the case of hourly workers, most probably their job.

"The huge disparity between men and women results partly from a lack of awareness, poor health education, and a paucity of male-specific health programs," explains Dr. Gremillion. "The costs, including the cost of caring for dependents left behind, is enormous."

What can be done to counter this pattern? In a recent article written for *The News and Observer*, Dr. Gremillion offers some advice:

Research has shown that women strongly affect the health decisions within families, and this includes emphasis on the health of their spouses and the younger males who are forming attitudes about healthy lifestyles. Women, spouses and others with a male in their life can help them understand the importance of healthy lifestyles and health-seeking behavior. By expressing concern, women give men “permission” to be momentarily weak and honestly express their vulnerabilities and feel more comfortable in the health care setting.

Another recent study suggests that computers and the Internet offer men an anonymous, private manner of seeking health information in a venue that they feel comfortable with.

This, coupled with a proactive workplace health program, can go a long way toward encouraging healthy behaviors among men and reducing the health disparity between men and women.

Activities and Programs

Educational Materials

MHN has developed a wide array of health brochures and other materials that provide information on prostate, testicular and breast cancers. MHN also publishes a “Get It Checked” screening guideline for men and women. The Network has also developed specific guidelines targeted at various at-risk populations. Spanish translations of these materials are available.

A series of men’s health brochures designed for women is being expanded. The What Women Need to Know About Men’s Health series of brochures encourage women to become actively involved in the health of the men in their lives and explain specific men’s health issues.

Men’s Health Network publications:

- MHN *HealthZone*[®] Screening Planner
- Blueprint for Men’s Health
- Your Head: An Owner’s Manual
- 19 Ways to Save Your Husband’s Life (Family Circle reprint)
- Fatherhood – Stay Involved: You Make a Difference in Your Child’s Life
- Fatherhood – Stay Involved: You Make a Difference in Your Child’s Life (Spanish Language)
- Get It Checked: screening guidelines for men and women
- Get It Checked: screening guidelines for men and women (Spanish Language)
- Health Facts for Men
- Health Facts for Men (for African-American families)
- Health Facts for Men (Spanish language)
- What Women Need to Know About Men’s Health
- What Women Need to Know About Men’s Health (Spanish language)
- What Women Need to Know About Men’s Health: Sensitive Issues
- Low Testosterone
- Low Testosterone (Spanish language)
- Men’s Health Facts flyer
- Osteoporosis flyer
- Prostate Cancer Facts (general population)
- Prostate Cancer Facts (for African-American men)
- Prostate Cancer Facts (Spanish language)
- Shower hanger: testicular & prostate cancer on one side, female breast cancer on the other
- Silent Health Crisis flyer
- Testicular Cancer
- Testicular Cancer (Spanish language)
- What Men Should Know About High Cholesterol (general population)
- What Men Should Know About High Cholesterol (for African-American men)
- What Men Should Know About High Cholesterol (Spanish language)
- Men’s Health Week

Conferences and Symposia

MHN has developed a state symposium program as an effort to educate health professionals and the public on the state and local level about significant men's health issues and the effect those issues have on families. The symposia create awareness of such issues with state policy leaders, elected officials, community activists, fraternal and religious organizations, and other healthcare leaders as they deal with issues pertaining to access to health care among various populations.

The state symposia create opportunities for additional networking for health advocacy groups throughout the state, encourage preventive health measures, and highlight the importance of physician-patient dialogue. Among those invited to participate are local, regional, and state public health officials, key legislators, advocacy groups, medical associations, religious organizations, community health leaders, and healthcare providers.

Men's Health Network has organized symposia in Maryland, Tennessee, Washington, Massachusetts, Florida, the District of Columbia, and North Carolina. Symposia will be held in the near future in Texas, Oklahoma, and several other states. More information on these symposia is available at www.menshealthconferences.com.

Health Awareness and Education Programs

TMHN works with government entities, private employers, and health care providers to bring health information and screenings to the workplace and to develop protocols for workplace health programs that engage men in proactive health care activities. In 2007-08, TMHN participated in several workplace health programs across Tennessee.

Minority & Underserved Outreach (African American and Latino/Hispanic Focus)

TMHN is taking a leadership role in health/disease awareness outreach to minority/underserved men and their families. Men's Health Network has provided a free healthcare link on its main page that presents opportunities to seek care/prescription drugs with limited or no financial resources including: clinics nationwide, prescription assistance programs, and links to ongoing clinical trials.

MHN has also developed culturally sensitive and linguistically appropriate health messages that resonate with the minority community, including African-American specific and Spanish language educational materials. Spokespersons for the minority community include leading African American and Hispanic physicians and health activists. Among the group of MHN spokespersons are women who are concerned about the health status of men and the effect the lack of health care among males has on them and their families.

In addition, Men's Health Network has made available a toll-free health line where men and their families can call for free educational materials regarding a variety of health conditions. The educational materials furnished have been translated into Spanish or have an African American perspective.

Throughout the year and in particular during Men's Health Week (June) and

Prostate Awareness Month (September), TMHN provides free educational materials to Hispanic and African American churches, community health centers, and fraternal organizations to further extend outreach to minority populations.

MHN HealthZone®



MHN offers a *HealthZone* Screening Planner that explains the step-by-step process of planning and executing a major health event. This comprehensive planner is offered free online so organizations nationwide conduct their own men's health screenings.

The *MHN HealthZone* screening program is promoted by numerous public health departments, health care providers, and private corporations and has been featured at the Rotary International Conference and numerous other tradeshow and conventions. The *HealthZone* web site is found at: www.mhnhealthzone.com

Time Out for Men's Health™



Time Out for Men's Health™ is a national awareness campaign to educate men about the importance of regular check-ups and age-appropriate screenings. "Just like taking the car in

for an oil change or for the 25,000-mile checkup, men also need to take themselves to the doctor's office to make sure everything is running smoothly," David Gremillion, MD, of MHN said. "That's why Men's Health Network created this campaign – to help men keep track of how often to check their blood pressure, get a tetanus booster and check their testosterone levels."

The program offers free health screenings for men and educational materials at retail and workplace events across the United States. At these events, TMHN provides cholesterol, blood pressure, blood sugar, PSA (prostate specific antigen), testosterone and body mass index screenings for men, a comprehensive self-assessment exam, and access to a health educator and literature related to men's health and well-being. The Time Out for Men's Health website is found at: www.timeoutformenshealth.org.

Healthy Sunday Health Initiatives

The Healthy Sunday Health Initiative is one of the latest MHN signature programs. If religious sects have one thing in common, it is stressing the importance to their congregations of taking care of your body or visualizing your body as 'your temple. At the Men's Health Network, we feel that Healthy Sunday Health Screenings are very impressionable events because they are held in venues where it is easy to institute these screenings, due to the fact that the congregation revolves around similar beliefs. During the MHN Healthy Sunday Initiative various screenings are preformed (prostate cancer screenings, cholesterol, blood pressure, body fat, and diabetes). Also, very valuable health information for men and their families is distributed at each event. The Healthy Sunday Health

Initiatives are well publicized and everyone in the congregation is encouraged to bring friends and loved ones. The events are seen as a time for the congregation to come together and fellowship with one another and are very well received.

Men At Work

TMHN had a very busy schedule this past year. TMHN traversed across the state, educating men about prostate cancer, BPH, cholesterol, low testosterone, testicular cancer, and many other areas of health that affect men. Throughout the year, TMHN engaged men to take care of themselves by participating in our self-assessment questionnaires, fertility quiz, and our informational brochures and literature.

The Men At Work initiative is one of our strongest programs and gives us a great way to engage men at their workplace; where they are comfortable and in familiar surroundings. Many of Tennessee's top companies have participated in the Men At Work initiative such as DeRoyal Industries, Federal Express, and Goody's Family Clothing.

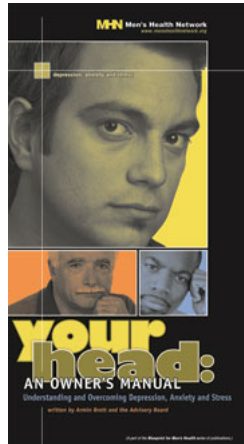
11th Annual Chattanooga Health Screenings for Men

Hosted by TMHN, Chattanooga/ Hamilton County Health Department, Erlanger Hospital, Blue Cross Blue Shield, Memorial Health Care System, and the 100 Black Men of Chattanooga, this event provides free screenings for prostate cancer and colorectal cancer, HIV, cholesterol, blood sugar, and blood pressure for men living in the metropolitan Chattanooga area, with an acute focus on minority men. The three day event takes place at the Southside Health Clinic and Dodson Avenue

Health Clinic. Food, presentations, and fellowship are all part of the event. In May of 2008, over seventy-five men participated the screening.

Your Head: An Owner's Manual Understanding and Overcoming Depression, Anxiety, and Stress

A new publication from MHN, this book was written to provide men of all ages, and those who love them, with important and realistic perspectives about mental health along with realistic and practical approaches that can make a difference in their lives.



Experts (psychiatrists, physicians, psychologists, public health experts, counselors, and social workers) with different perspectives have come together to provide insights and reflections on the emotional needs of men while explaining how men can ask for help, with dignity, when needed. This book highlights common signs and symptoms of trouble to help men and those who love them recognize the need for intervention and suggestions for dealing with everyday problems when intervention may not be needed.

Back to Life Without Interruptions



Tennessee Men's Health Network and hundreds of physicians statewide came together to help men get "Back to Life Without Interruptions". The program

kicked off in August 2006 and continued through 2007.

In 2007, MHN shifted its focus to specifically target ethnic minority populations (Hispanic/Latino/African American). There was also a website created (Volver a Vivir Sin Interrupciones) for those who speak Spanish, which can be found at nointerruptions.com. There is a link on the left side of the page, where the Spanish language website can be obtained.

Men's Health Network sponsored a LIVE call-in center where men were able to call in during specific times to speak with Physician Assistants about their experience with BPH (benign prostatic hyperplasia). The Back to Life Without Interruptions educational campaign was created by the MHN to encourage men age 50 and over to see a physician if they urinate every two hours or more, and urge men not to accept these types of daily interruptions. The program is designed to provide men with the tools they need to talk to their doctor and partners about their urination problems.

Mid-South Male Breast Cancer Campaign

Through a generous grant administered by the Koman Foundation of Memphis, TMHN-Memphis has created an educational and awareness campaign for men and women on male breast cancer risks, prevention, screenings, and treatments. Comprehensive educational materials, screening guidelines, referral services, and knowledge of how to detect and deal with breast cancer as a man will be the centerpieces of this public health campaign. The project will take place in the underserved populations of Shelby, Fayette, and Tipton counties in West Tennessee. An educational website will

be developed, along with public service announcements urging families to learn more about the dangers of breast cancer. The success of this campaign will be based on increased awareness and program results will be shared among the public health community to help assess the health needs, in particular male breast cancer, men's health, and health issues that affect families. According to the American Cancer Society, approximately 2,030 new cases of breast cancer will be diagnosed among men in the United States. 450 men will lose their lives from this disease.

Blueprint for Men's Health



Throughout this book, “Blueprint for Men's Health”, we discuss the main health issues that men face. Each chapter focuses on a single condition or group of related ones. We talk about the factors that increase your risk, show you how to recognize symptoms, and give you some practical, easy-to-implement prevention and treatment strategies. We strongly urge you to read this book carefully—it could save your life.

In order to make the information in this book as accurate and helpful as possible, every chapter was carefully checked by an expert with expertise in the field. However, this book is not a substitute for professional advice about medical or lifestyle issues.

MHN released a Spanish version of this publication in 2007.

Advocacy

MHN is active on the state and federal level and is a leader in the international men's health movement. Accomplishments include agency awareness of men's health needs in most states, development of men's health awareness periods in over 45 states, and prostate cancer initiatives in several states.

National Men's Health Week / Men's Health Month

One of the MHN's proudest accomplishments was advocating for the Congressional passage of National Men's Health Week.



Sponsored by Senator Bob Dole and Congressman Bill Richardson, NMHW was signed into law by President Clinton on May 31, 1994, and is recognized each year as the week leading up to and including Fathers Day. Each year during this time, MHN asks that the Governors of each state declare a Men's Health Week in their state. Governors, public health officials, and health activists are encouraged to use this event to focus media attention on men's health needs.



The announcement of Men's Health Month (June) allows more employers, community, religious, and fraternal organizations and sports teams to become involved in men's health outreach.

Family life contributes to the longevity of both partners. Both men and women live significantly longer if they are in a family relationship.

International Men's Health Week

MHN has assisted with the development of an international movement to recognize Men's Health Week, coordinating activities with health experts and activists around the globe. MHN also hosts the web sites for these initiatives (www.menshealthweek.org and www.internationalmenshealthweek.org or www.imhw.org)

Men's Health Week in Tennessee

TMHN asks each year that the Governor declare a Men's Health Week in Tennessee. Policy makers, public health officials, and health activists are encouraged to use this event to focus media attention on men's health needs. The Tennessee proclamation joins 45 proclamations which are received and then exhibited in the halls of Congress during the Congressional Men's Health Screenings.

"Prostate cancer and many other health problems affecting men could be avoided if men's awareness of health screening tests were increased.

...Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters and sisters, men's health is truly a family issue."

Former Congressman Bill Richardson (NM)

Tennessee Legislative Health Screenings

The Tennessee Men's Health Network conducts health screenings for men and women who work for the state of Tennessee in the Legislative Plaza. Hosted by TMHN/MHN, Hospital Alliance of Tennessee, Saint Thomas Health Systems, Williamson Medical Center, and Vanderbilt University, over 120 members of the General Assembly, staffers, and state employees took advantage of this unique event in January 2008. Participants were screened for prostate abnormalities, diabetes, blood pressure, and body fat. The Legislative Health Screening is an annual event and is free of charge. Afterwards, a comprehensive health profile report is created and distributed to the Governor, Commissioner of Health, and each member of the General Assembly and their staff.

Cancer Elimination Act 2008

TMHN, along with the American Cancer Society and the Tennessee Department of Health collaborated to support an initiative that would have allowed officials to study the needs and successes of early detection screening methods for certain types of cancers in Tennessee and study the need to create a pilot screening program for colorectal cancer. The Cancer Elimination Act will be re-introduced during the 2009 legislative session.

Stroke Registry System

Working together with the American Heart Association and other health advocates, TMHN was supportive in efforts to create a statewide stroke registry database. The stroke registry will include stroke treatment and outcome data from most Tennessee

hospitals to identify and improve on weaknesses in stroke care. The registry will be a component of East Tennessee State University's College of Public Health.

Cancer Education and Awareness

TMHN is honored to participate in a number of prestigious efforts in the fight against cancer, including the National Dialogue on Cancer / C-Change, One Voice Against Cancer and the National Prostate Cancer Coalition.

C-Change

Originally formed by Former President George and Barbara Bush as the Dialogue on Cancer, C-Change is a forum that brings together the principal leaders of key national cancer organizations, agencies and institutions, plus central figures from other public, private and non-profit entities, to foster and support efforts to overcome cancer. Participants in C-Change include the heads of federal and state governmental agencies, private organizations, such as pharmaceutical companies and the motion picture industry, and nonprofit groups whose missions relate to cancer research, control and/or patient advocacy. Other individuals with a deep concern about cancer and who have achieved prominence in the entertainment, news and other industries or endeavors also are engaged in the C-Change. There are about 150 participants.

One Voice Against Cancer

One Voice Against Cancer is an unprecedented coalition of over 40 major cancer organizations supportive of increased research efforts at NIH and NCI and increased support for the

prevention, awareness, and early detection programs at CDC. In addition to the Men's Health Network, member organizations include the American Cancer Society, American College of Obstetricians and Gynecologists, American Foundation for Urologic Disease, American Urological Association, Association of American Cancer Institutes, Association of Community Cancer Centers, Cancer Research Foundation of America, Coalition of National Cancer Cooperative Groups, Colon Cancer Alliance, Colorectal Cancer Network, Foundation for the Children's Oncology Group, Hadassah, Intercultural Cancer Council, Kidney Cancer Association, Leukemia & Lymphoma Society, National Coalition for Cancer Research, Oncology Nursing Society, Pancreatic Cancer Action Network, and the YWCA.

Affiliations and Sponsors

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(Sevierville)
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Interfaith Health Clinic, (Knoxville)
Dodson Avenue Health Clinic,
(Chattanooga)
Covenant Health
Tennessee Urgent Care Associates
University of Tennessee Cancer
Institute
Tennessee Department of Health
Tennessee General Assembly
Rural Health Association of Tennessee
Tennessee Public Health Association
Tennessee Comprehensive Cancer
Control Coalition
AFL-CIO
CIGNA HealthCare of Tennessee
Tennessee Medical Association
Tennessee Nurses Association
REACHS
Hospital Alliance of Tennessee
Tennessee Coalition Against Domestic
& Sexual Violence
Williamson Medical Center
Junior League of Memphis
PME Communications
City of Memphis
City of Chattanooga

City of Knoxville
Memphis Silver Star
Methodist LeBonheur Healthcare
Orange Mound Community Center
Saint Jude's Children's Research
Hospital
STARRS
Tobacco Free Memphis
Women Against Prostate Cancer
AIM Center (Chattanooga)
Alsace
Bureau of Medicaid/TennCare
Hope & Healing Center
Koman Foundation-Memphis
Live Strong Foundation
Smoke-Free Tennessee
Y.M.C.A. of Tennessee
Department of Veterans Affairs
Us Too International
Rotary International
C-Change
OVAC
Black Men's Health Network
100 Black Men of Tennessee
National Prostate Cancer Coalition
National Association of State Prostate
Cancer Coalitions
National Cancer Institute: Mid-South
Region
Mental Health Association of East
Tennessee
French's Medical Center (Memphis)
American Urological Association
American Cancer Society
Prostate Cancer Education Council
American Diabetes Association
American Heart Association
American Lung Association

Academic Partners

The University of Tennessee-Knoxville,
Chattanooga, Martin, & Memphis
The University of Tennessee Health
Science Center
Rhodes College
Memphis City Schools
The University of Memphis
Southwest Community College
Lemoyne-Owen College

Lincoln Memorial University
East Tennessee State University
Tennessee State University
Meharry Medical College
Vanderbilt University Medical Center

Faith-Based Partners

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Tabernacle Baptist Church (Knoxville)
Mount Zion Baptist Church (Nashville)
Mount Pleasant Baptist Church (Pinson)
Greater Middle Baptist Church
(Memphis)
Christ Missionary Baptist Church
(Memphis)
Second Presbyterian Church (Bristol)
Pentecostal Baptist Church (Memphis)
Holy Name of Jesus & Mary Catholic
Church (Memphis)
Greater Faith Tabernacle Ministries
Saint Andrews AME Church
(Memphis)
Bethel Grove Church (Memphis)
Bloomfield Baptist Church (Memphis)
Brown Chapel
Second United Methodist Church
(Knoxville)
Humboldt Faith Temple (Humboldt)
New Bethel Church (Germantown)

Board of Directors

Ronald K. Henry, Esq.

Mr. Henry is a partner with the law firm of Kaye, Scholer, Fierman, Hays & Handler. He served on the American Law Institute Family Law Project and as an advisor to the National Commissioners on Uniform State laws Interstate Custody Jurisdiction and Enforcement Act Project. Mr. Henry serves as President of the Tennessee Men's Health Network.

Kaye, Scholer, Fierman, Hays & Handler (partner).
Men's Health Network (Co-founder).
Tennessee Men's Health Network (Co-Founder).

Washington, D.C.

D. Bruce Shine, Esq.

Mr. Shine is a partner in the law firm of Shine & Mason, Kingsport, TN. Mr. Shine earned his Bachelor of Science (B.S.) degree from Tusculum College, a Doctor of Jurisprudence (J.D.) from Vanderbilt University, and a Master of Laws (LL.D.) degree from Tusculum College. Licensed to practice law in Tennessee, New York, and the District of Columbia, Shine is a Fellow of the American Bar Foundation, a former member of the information office International Secretariat, North Atlantic Treaty Organization (NATO), and Chairman of the Board, SMR Publications, Europe, SA. Publisher of the English language newspaper, Brussels Times and its companion magazine, TIPS. Mr. Shine serves as Vice President of the Tennessee Men's Health Network.

Kingsport, Tennessee

Thomas "Tank" Strickland, Jr.

Mr. Strickland is Chairman of the Knox County Commission, representing District 1A. He is a leader on public health issues in Knox County. Mr. Strickland is also the Community Relations Director for the City of Knoxville. A native of Knoxville, Mr. Strickland graduated from the University of Tennessee, Knoxville with a Bachelor of Science (B.S.) degree in business. Mr. Strickland serves on several Boards such as the Community Action Committee (CAC), Project Change, CTV Television, Knoxville Junior League Advisory, and the Martin Luther King Commission. He has also won several awards such as Omega Man of the Year, Golden Glove Diamond, and the Mayor's Merit Award. Mr. Strickland serves as the Treasurer of the Tennessee Men's Health Network.

Knoxville, Tennessee

Morris D. Klass, D.S.W., A.C.S.W.

Dr. Klass is a retired University of Memphis professor who served as Director, Division of Social Work. He earned academic degrees from the University of California, Los Angeles, (M.S.W.) (A.B.), and the University of Southern California, (D.S.W.). Dr. Klass has served as Director, Volunteer Services Department Jewish Big Brothers Association, Fellowship, National Institute of Mental Health, and Director Professional Services, Five Acres Residential Treatment Center, Altadena, California. He has won several awards and has co-authored the text: Social Work Research Methods (Allyn & Bacon, 1990). Dr. Klass has served on the Board of Shelby County

Community Corrections Advisory Board, Board President, Mayor's Homeless Coalition, Member Shelby County Headstart Policy Council. Chair, Shelby County Social Services Advisory Council, Board, The Family Link, Member, Alliance for Public Technology, Board of Directors, Memphis Jewish Community Center, and Annual Invitational Workshops, Memphis Council on the Aging. Dr. Klass serves as Secretary of the Tennessee Men's Health Network.

Memphis, Tennessee

William H. Hughes, M.D., F.A.C.S.

Dr. Hughes is a urologist with a private practice in the Mid-Town Urology Clinic, Nashville. Dr. Hughes earned a Bachelor of Science (B.S.) degree from South Carolina State University and a medical doctor, (M.D.) degree from Meharry Medical College, School of Medicine. Dr. Hughes is a retired Colonel, MC, USAR. Dr. Hughes has had regional appointments and lectureships: Former Assistant Professor of Urology, Meharry Medical College, School of Medicine, Former Chief of Urology, Metro/Meharry Medical Center, Clinical Assistant Professor of Urology, Metro/Meharry Medical Center, Medical Therapy of Benign Prostatic Hypertrophy, Old North State Medical Society, Myrtle Beach, S.C., Prostate Cancer Workshops, Clark Memorial United Methodist Church, Nashville, TN. Dr. Hughes is a member of several professional organizations, including the American Association of Clinical Urologists, American Urological Association, Nashville Surgical Society, National Medical Association, Society of Government Urologists, and the Society of Black Academic Surgeons. Dr. Hughes has several community affiliations such as the National Black Leadership Initiative on Cancer

Nashville Coalition, and the 100 Black Men. Dr. Hughes is instrumental in creating and developing new procedures and techniques in urology. Dr. Hughes joined the TMHN Board of Directors in 2007.

Nashville, Tennessee

Lee C. Whitaker, M.D., MPH

Dr. Whitaker is the Medical Director, Care Coordination for Blue Cross/Blue Shield of Tennessee. Dr. Whitaker earned a Bachelor of Arts (B.A.) degree from Loma Linda University, a medical doctor (M.D.) degree from Boston University, and a Master of Public Health (M.P.H.) degree from Harvard University. Dr. Whitaker received an honorable discharge from the U.S.A.F. and is a Vietnam era veteran. Dr. Whitaker is a member of several different professional societies including, the American Academy of Family Physicians, the Chattanooga/Hamilton County Health Society, American College of Physician Executives, National Association of Managed Care Physicians, National Medical Association, National Public Health Association, Volunteer State Medical Association, and the Tennessee Medical Association. Dr. Whitaker serves on several Boards such as the Chattanooga Y.M.C.A. and WTCI PBS Television. Dr. Whitaker is a member of the American Cancer Society, Chairman, Health Initiatives Committee, Legislative Committee, American Lung Association Member, Chattanooga Department of Health Preventive Health Committee, 100 Black Men of Chattanooga, and the UTC Diversity Committee. Dr. Whitaker joined the TMHN Board of Directors in 2007.

Chattanooga, Tennessee

Advisory Board

Membership on TMHN's Advisory Board is limited to health professional and certain others who have distinguished themselves in one of the focus areas of MHN. The Advisory Board is structured so that physical and mental health specialists who are interested in an educational campaign to significantly improve male health, longevity, and quality of life are welcome. By utilizing the wealth of knowledge and talents that the Advisory Board offers, TMHN can have a positive impact in the field of men's health.

Members of the Advisory Board are not asked to take part in the day-to-day operations of the organization. However, members may choose to volunteer as a spokesperson for various issues, submit articles for publication in the web-based Men's Health Library, be a TMHN volunteer at a health fair or screening, or become involved in other ways. A complete list of members:

Edward Kim, MD, F.A.C.S.
University Urology
Knoxville, TN

D. Bedford Waters, MD, F.A.C.S.
University Urology
Knoxville, TN

Frank Chandler, MD
Galen Medical Group
Chattanooga, TN

John Clardy, MD
Dover Road Medical Center
Clarksville, TN

Mark Serago, MSc
Mountain States Health Alliance
Johnson City, TN

Thomas Cable
University of Tennessee College of
Medicine
Chattanooga, TN

Kyle Rybczyk, MSN, FNP
Vanderbilt University Medical Center
HIV Vaccine Trials Unit
Nashville, TN

Anthony DeLucia, PhD
East Tennessee State University
Quillen College of Medicine
Johnson City, TN

Lavenia Crutcher, RN, BSN
Meharry Medical College, Clinical
Research Center
Nashville, TN

Thomas Bell, PsyD
Gallatin, TN

Colleen Edgell
Tennessee Department of Health
Nashville, TN

Luis Pannocchi, MD, FAAFP
Heartland Medical, Claiborne County
Hospital and Nursing Home
New Tazwell, TN

Raymond Finney, MD
Tennessee State Senator
Maryville, TN

Joanne Favors, RN
Tennessee State Representative
Chattanooga, TN

Addie Hudson, BSN, CPN
Knox County Schools, TN AME Zion
Church
Knoxville, TN

Rebecca Davis-Hipp, CHES
Smith & Nephew, Inc.
Memphis, TN

Flora Ukoli, MBBS, MPH
Associate Professor of Surgery
Meharry Medical College
Nashville, TN

Grace Prince, MS, RD, LDN
Nashville, TN

Ithaar Derweesh, MD
Assistant Professor/Program Director
University of Tennessee Health Science
Center
Department of Urology
Memphis, TN

Maybrey Duff
Men That Matter
Knoxville, TN

Sam Chang, MD
Vanderbilt University Medical Center
Nashville, TN

John Hall, MD, F.A.C.S.
East Tennessee State University
Quillen College of Medicine
Department of Surgery
Johnson City, TN

Tennessee Men's Health Network Events and Activities Year Ended June 30, 2008

July 2007

- TMHN joins TCCCC Region 1 Colorectal Cancer Committee.
- TMHN exhibits at the Kimberly Clarke Wellness Fair, (Knoxville).
- TMHN exhibits at Soul Winners Baptist Church health fair, (Memphis).
- TMHN exhibits Koinonia Baptist Church health fair, (Memphis).
- TMHN exhibits at FedEx Corporate health fair, (Memphis).
- TMHN exhibits at Greater Middle Baptist Church health day, (Memphis).
- TMHN exhibits at Christ Missionary Baptist Church health fair, (Memphis).
- TMHN joins Mid-South Tobacco Prevention Coalition, (Memphis).

August 2007

- TMHN attends/exhibits the 12th Annual Minority Health Summit, (Memphis).
- TMHN attends Bethel Grove health fair (Memphis).
- TMHN attends Saint Jude MBC health fair (Memphis).

September 2007

- TMHN co-sponsors free prostate cancer screening at University Urology (Knoxville).
- TMHN attends Jackson Community Health Fair (Jackson).
- TMHN co-sponsors the Men's Health Mixer with Williamson Medical Center (Franklin).
- TMHN attends Faith Temple Church health fair (Humboldt).
- TMHN attends New Hope Baptist Church health fair (Memphis).
- TMHN attends Brown Baptist Church health fair (Memphis).
- TMHN attends the Eastman Chemical Company Benefits Fair (Kingsport).
- TMHN co-sponsors a Men's Health Workshop with N.E. Tennessee Minority Health Coalition (Johnson City).
- TMHN attends New Hope Baptist Church health fair (Memphis).
- National Prostate Awareness Month.

October 2007

- TMHN attends Gov. Phil Bredesen's official Smoke-Free Tennessee press conference.
- TMHN exhibits at the Oak Ridge National Laboratory Health Fair and Screenings (Oak Ridge).
- TMHN attends the Healing Hands Clinic celebration (Bristol).
- TMHN exhibits at the Kellogg corporate wellness day (Memphis).
- TMHN attends ARC health fair (Rockford).
- TMHN attends City of Knoxville employee health fair, (Knoxville).
- TMHN exhibits at the MATA health fair (Memphis).
- TMHN attends Goody's Corporate Health Fair, (Knoxville).
- TMHN exhibits at the Fogelman YMCA health fair (Memphis).
- TMHN attends Tennessee Public Health Association annual meeting (Franklin).

November 2007

- TMHN exhibits/attends Tennessee Public Health Association Conference, (Franklin).
- TMHN attends Department of Energy health fair & screenings (Oak Ridge).
- TMHN participates in the NCI Body & Soul Training through the American Cancer Society (Memphis).
- TMHN participates in Volunteer Day at Hope & Healing (Memphis).
- TMHN attends Siemens health fair (Knoxville).
- TMHN exhibits/attends Rural Health Association of Tennessee Conference, (Gatlinburg).

December 2007

- TMHN staff prepare for 2008 events and activities.
- TMHN/MHN creates Women Against Prostate Cancer (WAPC).

January 2008

- TMHN hosts the 5th Annual Legislative Health Screenings (Nashville).
- TMHN hosts Men's HealthZone at the Healthy Living Expo, (Knoxville).

February 2008

- TMHN creates a men's health support group for the greater Memphis area.
- TMHN hosts NCI's Body & Soul Initiative (Memphis).
- National Heart Disease Awareness Month.

March 2008

- TMHN meets with the staff at the Office of Minority Health to discuss upcoming minority men's health projects.
- TMHN attends Temple of the Deliverance health fair (Memphis).
- TMHN attends Greater Lakeview health fair (Memphis).
- TMHN participates in the Hope & Healing community outreach program (Memphis).
- TMHN exhibits at the VA Hospital (Memphis).

April 2008

- TMHN participates in the AIM Center health fair (Chattanooga).
- TMHN exhibits at the Knox County Employee health fair (Knoxville).
- TMHN exhibits at Rhodes College health fair (Memphis).
- TMHN attends Delta Sigma Theta community health fair (Memphis).
- TMHN presented at West Haven Community Center (Memphis).
- TMHN participates in the Hope Community Event (Nashville).
- TMHN exhibits at Elevon health fair (Knoxville).
- TMHN participates in the CVS health fair (Vonore & Knoxville)
- TMHN attends Matthew Walker Comprehensive Health Clinic community health fair, (Nashville).
- TMHN exhibits at New Bethel Church health fair (Memphis).
- TMHN exhibits at Mount Pleasant Baptist Church health fair, (Pinson).
- TMHN exhibits at Charles Bass Correctional Complex health fair, (Nashville).
- TMHN exhibits at Rossville Health Center, (Rossville).
- TMHN exhibits at Greater Faith Tabernacle Ministries health fair, (Memphis).
- Minority Health Awareness Month.

May 2008

- TMHN attends American Cancer Society's Legislative Breakfast (Nashville).
- TMHN attends Knoxville News Sentinel Health Fair, (Knoxville).
- TMHN attends Lake Grove Church health education event (Memphis).
- TMHN sponsors Tennessee Comprehensive Cancer Control Summit, (Memphis).
- TMHN co-sponsors a three day free prostate screening, (Chattanooga).
- TMHN participates in the CSX health fair (Erwin).

June 2008

- TMHN co-sponsors the Men That Matter health screening, (Knoxville).
- TMHN hosts CAN Bus tour (Collierville & Memphis)
- TMHN attends Health Disparity Educational Conference (Nashville).
- TMHN participates in New Tyler AME Church health education day (Memphis).
- TMHN attends LaGoshen Baptist Church wellness day (Rossville).
- TMHN attends DeRoyal Industries wellness fair (Maynardville, New Tazewell, LaFollette, and Powell).
- National Men's Health Month.
- National Men's Health Week.

For Immediate Release
Contact: Mike Leventhal
865.406.0129

**REP. HARRY TINDELL & SEN. TIM BURCHETT NAMED MEN'S HEALTH
LEGISLATORS OF THE YEAR FOR 2008**

The Tennessee Men's Health Network (TMHN) is pleased to announce that state Representative Harry Tindell and state Senator Tim Burchett have been named Men's Health Legislators of the year for 2008.

"We are pleased to name both Harry and Tim Men's Health Legislators of the Year", says Mike Leventhal, Executive Director of the Tennessee Men's Health Network. "Our entire organization was proud to be able to work with these two hard working elected officials. By working together, Harry and Tim helped enhance our unique programs and health education campaigns for Tennessee families."

During the 2008 legislative year the Tennessee Men's Health Network renewed a grant to provide health promotion for men and their families on related topics such as, but not limited to prostate and testicular cancer. The 2008 funding will mean a greater presence in each region of the state along with new signature programs to raise awareness for men's health.

The Tennessee Men's Health Network serves all men in Tennessee with special attention to those men who have low income in the urban, rural and other underserved areas of Tennessee. The Tennessee Men's Health Network is classified as a 501 (c) (3) nonprofit organization. For more information visit www.menshealthnetwork.org or call (865) 406-0129.

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For Immediate Release
Contact: Mike Leventhal
865.406.0129

JOIN TENNESSEE MEN'S HEALTH NETWORK IN CELEBRATION OF MEN'S HEALTH MONTH

June is Men's Health Month and groups across the country will join the Tennessee Men's Health Network (TMHN) in celebrating this special awareness period. The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys as well as expand the efforts of National Men's Health Week, the week ending on Father's Day.

Men's Health Month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with several awareness activities in Tennessee, across the country, and around the world. "Working closely with the Men's Health Network to support their efforts in Men's Health Month has been a great pleasure. June brings a great opportunity to educate men, their families, and the public on a wide range of men's health issues from prostate cancer to nutrition and fitness," says Mike Leventhal, Executive Director for the Tennessee Men's Health Network.

Tennessee Men's Health Network is an affiliate of the national Men's Health Network in Washington, D.C. TMHN is a private nonprofit educational organization comprised of physicians, researchers, public health workers, health professionals, and individuals. TMHN is committed to improving the health and wellness of men living in Tennessee through educational campaigns, data collection and work with health care providers to provide better programs and funding on men's health needs. Additional questions or comments should be referred to info@menshealthnetwork.org, www.menshealthnetwork.org or by calling 865.406.0129.

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For Immediate Release
Contact: Mike Leventhal
(865) 406-0129

SEPTEMBER MARKS NATIONAL PROSTATE AWARENESS MONTH

September is Prostate Awareness Month and all families are encouraged to learn more about the dangers of BPH (enlarges prostate), prostate cancer, prostatitis, and the risk factors of these diseases.

BPH (enlarged prostate) - Is the most frequent prostate condition in men over the age of 50. Half of men between the ages of 50 to 60 will develop it, and by the age of 70 or 80, about 90 percent will have experienced BPH symptoms.

Prostate cancer - Is the most common cancer in men. Every two and a half minutes a man is diagnosed with prostate cancer. In 2007, over 232,000 men were diagnosed with this cancer, over 4,500 of those in Tennessee. Approximately 30,000 men will lose their life due to prostate cancer this year, almost 600 in Tennessee.

Prostatitis - Is the most common prostate problem for men under 50, so common that about half of adult men will be treated for it during their lifetime. It is an inflammation of the prostate that may be caused by an infection or other problems.

The Tennessee Men's Health Network along with the parent organization Men's Health Network have prepared specific education programs to raise awareness of prostate issues among men and their families living in Tennessee. MHN's www.nointerruptions.com web site features a "find a doc" service that allows Tennessee men and their families to find a physician near them to help them with enlarged prostate problems. TMHN's prostate cancer programs consist of learning the importance of living a healthy lifestyle and the benefits of early detection. If the disease is found early it is easily treatable. TMHN urges all men, especially men over 50 or that have a family history of prostate cancer to learn more about the disease and talk to their doctors about preventative screenings.

The Tennessee Men's Health Network is an affiliate of the national Men's Health Network in Washington, D.C. MHN and TMHN are both nonprofit educational organizations comprised of physicians, researchers, public health workers, individuals and other health professionals. TMHN is committed to improving the health and wellness of men through education campaigns, data collection and work with health providers to provide better programs and funding on men's health needs. Additional questions or comments should be referred to info@menshealthnetwork.org, www.menshealthnetwork.org or by calling (865) 406-0129.

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