

SPOTLIGHT ON MEN'S HEALTH

INCREASING AWARENESS of preventable health problems and encouraging early detection and treatment of disease among men and boys is an important topic year-round. Following up on Men's Health Month, this infographic reminds us that by raising awareness, advancing health education, and recognizing culturally influenced behaviors, each of us can help improve men's health.

MEN LIVE SHORTER LIVES WITH A LOWER AVERAGE QUALITY OF LIFE THAN WOMEN.

AT BIRTH, MALES OUTNUMBER FEMALES
105:100



BUT BY AGE 65-74, THE MALE-TO-FEMALE RATIO IS
80:100



16X AS LIKELY TO BE COLORBLIND.



3-4X AS LIKELY TO BE AUTISTIC.



2-3X AS LIKELY TO BE DYSLEXIC.



MEN ARE...

2X AS LIKELY TO SUFFER FROM HEARING LOSS.



2X AS LIKELY TO DIE FROM PARASITE-RELATED DISEASES.



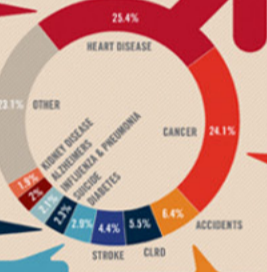
TOP 10 CAUSES OF DEATH IN AMERICAN MEN

450,000 men die of cardiovascular disease each year.

> 6 million men in the U.S. are clinically depressed.

> 60% of adult American men are overweight or obese.

13 million men have diabetes.



92% of workplace deaths are male.

Accidents are the #1 cause of death for men under age 44.

1/6 of men will get prostate cancer.

50% of men will develop cancer in their lifetime.

> 700,000 men are diagnosed with cancer each year, and

300,000 men die of it.

Testicular cancer is most common in men ages 15-35. It is **100%** curable when caught and treated early.

MEN ARE LESS LIKELY TO HAVE HEALTH COVERAGE AND TO TAKE ADVANTAGE OF HEALTH CARE RESOURCES WHEN COMPARED TO WOMEN.

60% of men aged 50 or older were not screened for colon cancer in the past year.

40% were not screened for prostate cancer in the past year.

33% of these men had not been screened for prostate or colon cancer in the past 5 years.

Men have a **33%** lower rate of ambulatory care than women.

Men ages 15-44 are **56%** less likely to visit the doctor for any reason.

Men utilize **50%** as many preventative care visits as women.

> 7 million American men haven't seen a doctor in over 10 years.

> 50% of all men did not have a physical exam or blood cholesterol test in the past year.

24% of males said they would delay seeking health care as long as possible, even if they were in pain or sick.

67% of men wouldn't go to a doctor when experiencing chest pain or shortness of breath - two early warning signs of a heart attack.

17% would delay going to a doctor for more than a week.

MORE THAN HALF OF ALL PREMATURE DEATHS AMONG MEN ARE PREVENTABLE.

SIMPLE STEPS TO IMPROVE YOUR HEALTH

DO MONTHLY SELF EXAMS.

Check yourself for testicular, skin, oral, and breast cancers each month.

PROTECT YOURSELF FROM THE SUN.

Limit alcohol to 2 drinks per day.

Exercise moderately for 30 minutes 5 times a week, or vigorously for 20 minutes 3 times a week.

Drink 8 glasses of water per day.

Eat a varied diet, rich in fruits, vegetables, whole grains, and low-fat foods. (high-fiber/low-fat)

Limit cholesterol intake and avoid saturated fats.

QUIT SMOKING.

EXERCISE & EAT RIGHT to maintain a healthy weight.

GET IT CHECKED!

THE FOLLOWING CHART TELLS YOU WHEN AND HOW OFTEN DOCTORS SUGGEST MEN TAKE THESE PREVENTATIVE TESTS.

EKG
Screens for heart abnormalities
AGE 20-39: Baseline
AGE 40-49: Every 4 years
AGE 50+: Every 3 years

BLOOD TESTS & URINALYSIS
Screens for diseases such as cholesterol, diabetes, and kidney or thyroid dysfunction before symptoms occur
AGE 20-39: Every 3 years
AGE 40-49: Every 2 years
AGE 50+: Every year

TB SKIN TEST
Should be done on occasion of exposure or suggestive symptoms
AGE 20+: Every 5 years

CHEST X-RAY
Detects lung cancer and should be considered among smokers over the age of 45
AGE 40+: Talk to your doctor

BLOOD PRESSURE
High blood pressure can cause damage to body organs
AGE 20+: Every year

HEMOCCULT
Screens stool for early signs of polyps or colon cancer
AGE 40+: Every year

RECTAL EXAM
Screens for hemorrhoids, lower rectal problems, colon and prostate cancer
AGE 20+: Every year

PHYSICAL EXAM
Overall health status report
AGE 20-39: Every 3 years
AGE 40-49: Every 2 years
AGE 50+: Every year

COLORECTAL HEALTH
Examines the rectum, sigmoid, and descending colon for early signs of cancer
AGE 50+: Every 3-4 years

SEXUALLY TRANSMITTED DISEASES
Sexually active adults at risk for STDs should be screened regularly
AGE 20+: Talk to your doctor

TESTOSTERONE SCREENING
Checks for low testosterone
AGE 40+: Talk to your doctor

PSA BLOOD TEST
Tests levels of Prostate Specific Antigen for infection, enlargement, or cancer
AGE 50+: Every year (Earlier if you have a family history of prostate cancer)

BONE HEALTH
Bone mineral density test
AGE 60+: Talk to your doctor

*THIS INFOGRAPHIC IS MEANT FOR INFORMATIONAL PURPOSES ONLY, NOT FOR HEALTH GUIDANCE. CONSULT A HEALTH CARE PROFESSIONAL WITH ALL HEALTH-RELATED QUESTIONS. CREATED IN JUNE 2012.

SOURCES

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