



 sharecare

*Men's Health: How to take control
of your body*

Men's Health Objectives

1. The Basics: Specific health issues for men to address – leading causes of death and men's health statistics
2. Recommended screening tests
3. Risk factors
4. Prevention
5. How to stay on track for a healthy lifestyle



Men's Health: The Basics

According to the CDC, the **leading causes of death among adult men in the US:**

- Heart disease
- Cancer
- Unintentional injuries
- Chronic lower respiratory disease
- Stroke
- Diabetes

The biggest threats to men's health are often preventable.

Men's Health: Statistics

- 12.2% of men 18 years and over are in fair or poor health.
- 29.9% of men 18 years and over had four or more drinks in 1 day at least once in the past year.
- 16.7% of men 18 years and over currently smoke cigarettes.
- 34.5% of men 20 years and over are obese.
- 32.6% of men 20 years and over have hypertension (measured high blood pressure and/or taking antihypertensive medication).

Men's Health

Regular health exams and tests can help find problems before they start.

They also can help find problems early, when your chances for treatment are better.



Men's Health: Recommended Screening Tests

Most recommended screenings for men are included in your regular Physical Exam, such as:

- Height, weight, BMI
- Blood pressure - Start screening at age 18, at least every 2 years (more often if doctor recommends).
- Cholesterol Screening every 5 years for men 35 and older; start at age 20 for those at increased risk of coronary heart disease
- Diabetes Screening - starting at age 45, every 3 years
- Colon Cancer Screening - starting at age 50

Cancer Screenings for Men

- Colonoscopy - every 10 years or more frequently based on your history is the best test for polyps and cancer; other tests are available and should be discussed with your doctor
- Lung cancer - Low-dose CT scan: annually if you are 55-80, have a 30 pack-year smoking history and are still smoking or have quit less than 15 years ago
- Prostate cancer - Digital rectal exam (DRE) and prostate specific antigen (PSA) test; at age 50, have discussion with your doctor about screening, earlier if you have relatives affected
- Skin cancer - Periodic total-body examinations by a clinician

Men's Health

During your physical exam, your provider may also ask you about:

- Depression
- Diet and exercise
- Alcohol and tobacco use
- Safety, such as use of seat belts and smoke detectors



Men's Health: Other Screening Tests

- Dental Exam - once or twice a year
- Eye Exam - age 40-54 every 2-4 years, age 55-64 every 1-3 years

Talk to your Health care provider about other tests that may be appropriate for your situation such as tests for osteoporosis, Hepatitis C, and other screenings, such as for testicular cancer and abdominal aortic aneurysm.

Recommended Immunizations

- Influenza (Flu) vaccine - all individuals age 6 months and older
- Pneumonia vaccine (two types)
 - Anyone ages 2 through 64 who has a chronic health condition, such as asthma, COPD, Diabetes or heart disease
 - For all persons 65 and older
 - Those who smoke or who have a lower resistance to infection
 - If your doctor recommends it for your situation

Talk with your health care provider about other immunizations such as tetanus, shingles, and others that are appropriate for you.

Men's Health: Risk Factors

Risk Factors for Men's Health Issues (ex. Hypertension)

Controllable

- Overweight/obese
- Inactive lifestyle
- Excess alcohol
- Excess sodium
- Tobacco use
- Stress
- Low Potassium Intake
- Some medications:
 - Asthma
 - OTC decongestants

Fixed / Uncontrollable

- Heredity
- Race
- Gender
- Age

Men's Health: Prevention

ACTION STEPS to Prevent Men's Health Issues

Take charge of your health by making healthier lifestyle choices. For example:

- Don't smoke
- Eat a healthy diet
- Maintain a healthy weight
- Get recommended daily activity
- Limit alcohol
- Manage stress
- Stop avoiding the doctor - get recommended screenings and don't wait until something is seriously wrong
- Talk to your doctor about health evaluations and cancer screenings



Prevention: Heart Healthy Food Intake

The DASH Diet is an example of a heart health eating plan and is recommended in the Dietary Guidelines for Americans

- DASH is a flexible plan that requires no special food that emphasizes portion sizes, eating a variety of foods and getting more nutrients
- Includes eating vegetables, fruits, whole grains, along with low-fat dairy, fish, poultry, beans, nuts. Limiting saturated fats
- Health benefits shown from research by the NHLBI include lowering blood pressure and cholesterol, with greater benefit by lowering sodium intake
- May help increase insulin sensitivity when combined with exercise and weight loss

Physical Activity Guidelines

- Adults should move more in sit less throughout the day.
- Some activity is better than none.

For substantial health benefits, adults should do at least:

150-300 minutes a week of moderate intensity activity

or:

75-150 minutes of vigorous intensity aerobic activity a week

or a combination of moderate and vigorous activity

Adults should also do muscle strengthening activities of moderate or greater intensity that involve all major muscle groups 2 or more days a week.

Additional health benefits are gained by engaging in physical activity beyond 300 minutes of moderate intensity exercise.

*Always consult your physician or other health care professional before starting this or any other fitness, nutrition and/or weight management program to determine if it is right for your needs, appropriate and safe for you.

Things to Consider

Physical Activity Guidelines

- Start Small
- Expectations vs. Reality
- Orthopedic Health vs. Cardiovascular Health
- Consistency
 - Hold yourself accountable
 - Set aside the time



Prevention: Stress Management

10 Healthy Habits

1. Connect—Talk with family and friends.
2. Engage in daily physical activity.
3. Embrace the things you are able to change.
4. Remember to laugh.
5. Give up the bad habits.
6. Slow down.
7. Get enough sleep.
8. Get organized.
9. Practice giving back.
10. Try not to worry.



Prevention: Stress Management

Deep Breathing

- Sit comfortably with back straight
- Place one hand on your chest and the other on your stomach
- Breathe in through your nose while the hand placed on your stomach rises
- Exhale through your mouth, pushing out as much air as you can



**Maintain Your Health
and Be Well!**

Health Coaching

What is it?

- Working with a health coach provides personalized support to help set goals, lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to your unique needs and goals

To get started, call 1-866-556-2288 and select Option 2

Men's Health Resources For You

State of Ohio Preventive Care Benefits

- das.ohio.gov/medical

Mayo Clinic- Men's Health

- <http://www.mayoclinic.org>

NIH: The National Institute of Diabetes and Digestive and Kidney Diseases

- <http://www.niddk.nih.gov/health-information/health-statistics/Pages/overweight-obesity-statistics.aspx>

American Heart Association

- <http://www.heart.org>

Harvard Health Publication

- <http://www.health.harvard.edu>

Centers for Disease Control

- <http://www.cdc.gov/obesity/>



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Thank You!

1-866-556-2288

das.ohio.gov/wellness