



HEALTH ELEMENTS

Awareness | Prevention | Education | Family



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Men's Health

- **Purpose:** To educate the public about what can be done to improve the state of men's health.
- It was created by Congress in 1994.
- Supporters of Men's Health Week also noted that prevention requires public awareness.

Learning Objectives

- To heighten awareness of preventable health problems
- To discuss top 10 leading causes of death for men
- To discuss health disparities among high risk sub-population groups
- To identify prevention and treatment options

Healthy Lifestyle Tips

- Eat healthy
- Get moving
- Get routine exams & screenings
- Manage stress
- Stay safe
- Be smoke-free
- Get enough sleep
- Maintain a healthy weight
- Avoid heavy drinking
- Keep mentally active



Healthy Lifestyle Tips

- **Eat healthy.** Eat a variety of fruits and vegetables every day.
- **Get enough sleep.** Not getting enough sleep can affect your mood and your health.
- **Keep mentally active.** The brain is like a muscle - if you don't give it regular workouts, its functions will decline.





Top 10 Leading Causes of Death

1. Heart disease
2. Cancer
 - Prostate
 - Lung
 - Colorectal
3. Unintentional Injuries
4. Stroke
5. Chronic Obstructive Pulmonary Disease
6. Diabetes
7. Influenza & Pneumonia
8. Suicide
9. Kidney Disease
10. Alzheimer's Disease

DIABETES

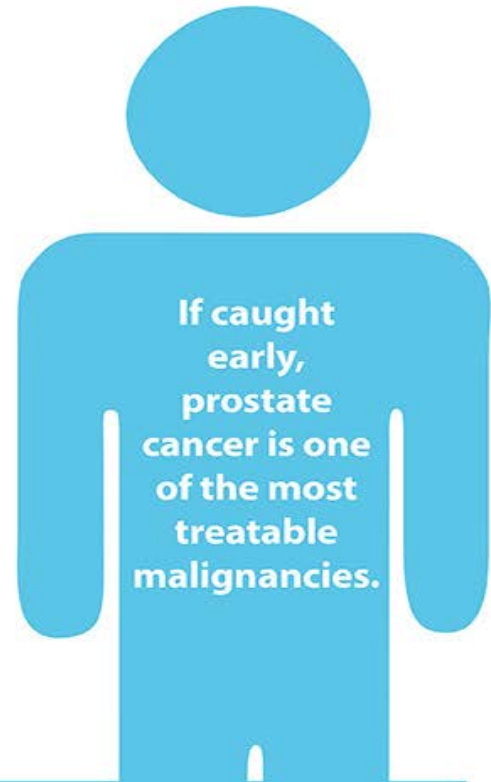
- TCPH partners with a Tarrant County Diabetes Collaboration (TCDC).
- Focus: To address Type 2 Diabetes among people living in Tarrant county.
- Offer free monthly classes to the community.
- Taught by Certified Diabetes Educators (CDE) or other healthcare professionals.



Top 3 Types of Cancer: PROSTATE

WHAT EVERY MAN SHOULD KNOW ABOUT PROSTATE CANCER

Prostate cancer is the most common non-skin cancer among American men. Prostate cancer begins in the tissues of the prostate gland, which is the male sex gland responsible for the production of semen and is located just below the bladder and in front of the rectum.



1 in 7 men will be diagnosed during his lifetime.



About **220,800** new cases of prostate cancer will be diagnosed.

Top 3 Types of Cancer: LUNG



Lung cancer represents about **13%** of all new cancer cases.

About **224,390**

new cases of lung cancer will be diagnosed.



About

117,920

will be in men.



About

106,470

will be in women.

The **lifetime risk** of developing lung cancer is about:



- ▶ These numbers **include both** smokers and non-smokers.
- ▶ **The risk is much higher for smokers** and lower for non-smokers.

LUNG CANCER

- **Be smoke-free:** the TCPH has a program called Live Tobacco Free Tarrant County.
- This is a 4 week program that addresses:
 - managing stress
 - weight control
 - nicotine withdrawal
 - long-term strategies for maintaining cessation
- Offered in person and online, also in English and Spanish



Top 3 Types of Cancer: COLORECTAL

IN 2016...

1 in 20

people will develop colorectal cancer at some point in life

An estimated **134,490 cases** of colorectal cancer will be diagnosed in the United States

95,270 new cases of colon cancer

39,220 new cases of rectal cancer

About **49,190** people are expected to die from colorectal cancer



More than **1 million +** colorectal cancer survivors live in the United States.

More than 95% of colorectal cancers are diagnosed as adenocarcinomas, which develop in glands that make mucus to lubricate the inside of the colon and rectum.

Health Disparity and Race/Ethnicity

Leading Causes of Death by Age Group, Race/Ethnicity Males, United States, 2013*

Rank	All Races	Hispanic	White	Black	American Indian/Alaska Native	Asian/Pacific Islander
1	Heart disease 24.6%	Heart disease 20.7%	Heart disease 24.8%	Heart disease 24.0%	Heart disease 19.8%	Cancer 26.1%
2	Cancer 23.5%	Cancer 20.7%	Cancer 23.7%	Cancer 22.4%	Cancer 17.7%	Heart disease 23.6%
3	Unintentional injuries 6.3%	Unintentional injuries 9.9%	Unintentional injuries 6.3%	Unintentional injuries 5.8%	Unintentional injuries 12.6%	Stroke 6.1%
4	Chronic lower respiratory diseases 5.4%	Diabetes 4.4%	Chronic lower respiratory diseases 5.7%	Stroke 4.7%	Chronic liver disease 5.5%	Unintentional injuries 5.0%
5	Stroke 4.1%	Stroke 4.3%	Stroke 4.0%	Homicide 4.5%	Diabetes 5.3%	Diabetes 4.0%
6	Diabetes 3.1%	Chronic liver disease 4.0%	Diabetes 2.9%	Diabetes 4.1%	Suicide 4.3%	Chronic lower respiratory diseases 3.6%
7	Suicide 2.5%	Chronic lower respiratory diseases 2.9%	Suicide 2.6%	Chronic lower respiratory diseases 3.3%	Chronic lower respiratory diseases 4.0%	Influenza & pneumonia 3.3%
8	Influenza & pneumonia 2.1%	Suicide 2.6%	Alzheimer's disease 2.1%	Kidney disease 2.6%	Stroke 2.7%	Suicide 2.6%
9	Alzheimer's disease 2.0%	Homicide 2.4%	Influenza & pneumonia 2.1%	Septicemia 1.9%	Influenza & pneumonia 2.0%	Kidney disease 1.9%
10	Chronic liver disease 1.8%	Influenza & pneumonia 2.0%	Chronic liver disease 1.9%	Influenza & pneumonia 1.7%	Homicide 2.0%	Alzheimer's disease 1.4%

Consistent among all groups

Why is Cancer #1 & Heart disease #2?

*Percentages represent total deaths in the age group due to the cause indicated. Numbers in parentheses indicate tied rankings. The white, black, American Indian/Alaska Native, and Asian/Pacific Islander race groups include persons of Hispanic and non-Hispanic origin may be of any race. Some terms have been shortened from those used in the National Vital Statistics Report. See the next page for a listing of the shortened terms in the table and their full unabridged equivalents used in the report. To learn more, visit *Mortality Tables* at http://www.cdc.gov/nchs/nvss/mortality_tables.htm or <http://www.cdc.gov/nchs/deaths.htm> HHS, CDC, NCHS).

Asian/Pacific Islander: Cancer and Heart Disease

Cancer Risk Factors

- Lifestyle
- Screening & preventative services
- Exposure to cancer-causing infections
- Has been the #1 killer since 1980.

Heart Disease Risk Factors

- Occurs earlier in life
- Unaware of screening & preventative services
- 70% physically inactive



Heart Disease and Minority Men

Risk factors:

- High blood pressure
- High LDL cholesterol
- Smoking
- Family history
- Stress
- Lack of physical activity
- Diabetes
- Lack of access to health care

Health Disparity by Age Group

Leading Causes of Death by Age Group, All Males-United States, 2013*

Rank	1-4	5-9	10-14	15-19	20-24	25-34	35-44	45-64	55-64	65+	65-74	75-84	85+	All Ages
1	Unintentional injuries 35.8%	Unintentional injuries 32.5%	Unintentional injuries 29.5%	Unintentional injuries 37.8%	Unintentional injuries 42.5%	Unintentional injuries 38.2%	Unintentional injuries 24.5%	Heart disease 23.0%	Cancer 30.4%	Heart disease 26.8%	Cancer 33.2%	Cancer 25.8%	Heart disease 30.6%	Heart disease 24.6%
2	Birth defects 10.0%	Cancer 17.4%	Suicide 14.5%	Suicide 20.0%	Suicide 18.1%	Suicide 16.1%	Heart disease 16.6%	Cancer 21.3%	Heart disease 24.6%	Cancer 24.3%	Heart disease 24.3%	Heart disease 25.3%	Cancer 15.2%	Cancer 23.5%
3	Homicide 7.9%	Birth defects 7.0%	Cancer 13.6%	Homicide 18.3%	Homicide 17.9%	Homicide 11.3%	Suicide 11.6%	Unintentional injuries 12.6%	Unintentional injuries 5.7%	Chronic lower respiratory diseases 6.7%	Chronic lower respiratory diseases 7.0%	Chronic lower respiratory diseases 7.6%	Chronic lower respiratory diseases 5.7%	Unintentional injuries 6.3%
4	Stroke 2.3%	Influenza & pneumonia 2.7%	Homicide 5.6%	Cancer 5.4%	Cancer 3.5%	Heart disease 7.0%	Cancer 11.2%	Suicide 5.9%	Chronic liver disease 4.1%	Stroke 4.8%	Stroke 4.1%	Stroke 4.1%	Stroke 4.1%	Chronic lower respiratory diseases 5.4%
5	Stroke 2.3%	Influenza & pneumonia 2.7%	Heart disease 3.4%	Birth defects 1.4%	Birth defects 0.9%	Heart disease 3.1%	Cancer 5.9%	Homicide 4.7%	Chronic liver disease 5.4%	Chronic lower respiratory diseases 4.0%	Stroke 4.1%	Stroke 4.1%	Stroke 4.1%	Stroke 4.1%
6	Stroke 2.3%	Influenza & pneumonia 2.7%	Heart disease 3.4%	Birth defects 1.4%	Birth defects 0.9%	Heart disease 3.1%	Cancer 5.9%	Homicide 4.7%	Chronic liver disease 5.4%	Chronic lower respiratory diseases 4.0%	Stroke 4.1%	Stroke 4.1%	Stroke 4.1%	Stroke 4.1%
7	Chronic lower respiratory diseases 1.6%	Heart disease 2.6%	Chronic lower respiratory diseases 3.0%	Influenza & pneumonia 0.6%	Diabetes 0.6%	Chronic liver disease 1.4%	Diabetes 2.8%	Stroke 2.8%	Stroke 3.2%	Unintentional injuries 2.6%	Chronic liver disease 1.8%	Unintentional injuries 2.5%	Unintentional injuries 2.7%	Suicide 2.5%
8	Septicemia 1.4%	Benign neoplasms 1.7%	Influenza & pneumonia 1.9%	Chronic lower respiratory diseases 0.6%	HIV disease 0.6%	Diabetes 1.3%	Stroke 2.2%	Stroke 2.2%	Stroke 2.6%	Influenza & pneumonia 2.5%	Kidney disease 1.7%	Influenza & pneumonia 2.3%	Kidney disease 2.5%	Influenza & pneumonia 2.1%
9	Perinatal conditions 1.2%	Septicemia 1.5%	Stroke 1.5%	Diabetes 0.5%	Legal intervention 0.6%	Stroke 0.9%	HIV disease 2.0%	HIV disease 1.6%	Septicemia 1.4%	Kidney disease 2.2%	Influenza & pneumonia 1.6%	Kidney disease 2.2%	Diabetes 2.2%	Alzheimer's disease 2.0%
10	Stroke 0.9%	Stroke 1.4%	Benign neoplasms 0.9%	Stroke 0.4%	Influenza & pneumonia 0.5%	Influenza & pneumonia 0.8%	Influenza & pneumonia 1.1%	Homicide 1.4%	Kidney disease 1.4%	Parkinson's disease 1.7%	Septicemia 1.6%	Parkinson's disease 2.1%	Parkinson's disease 1.9%	Chronic liver disease 1.8%

Common among young males

Consistent among 35-85+ age group

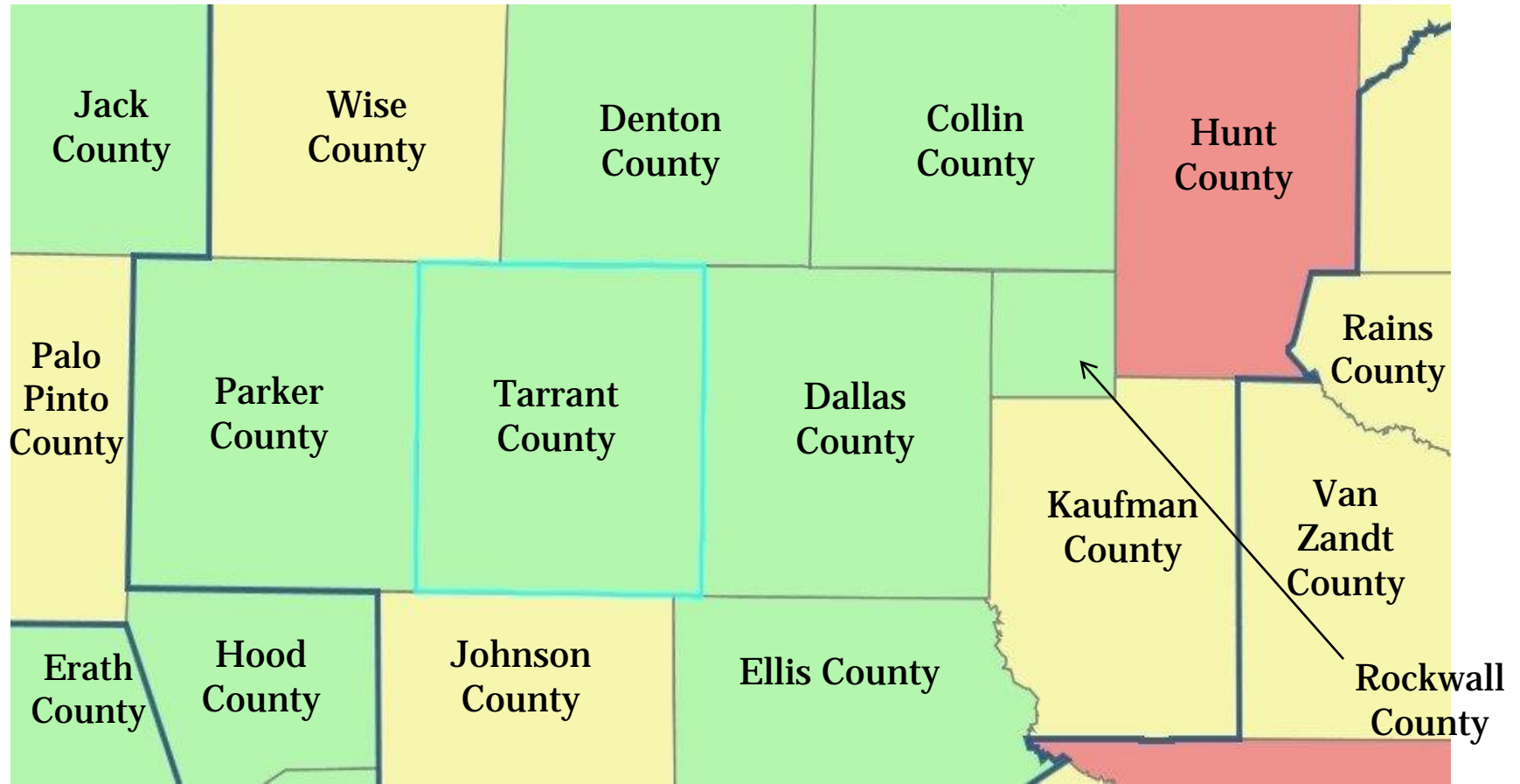
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Treatment

- Medication
- Surgery
- Radiation Therapy
- Chemotherapy
- tPA: tissue plasminogen activator
- Transplant
- Clinical Trials
- Diet & Exercise
- Antibiotics
- Cognitive Behavioral Therapy
- Dialysis



Life Expectancy

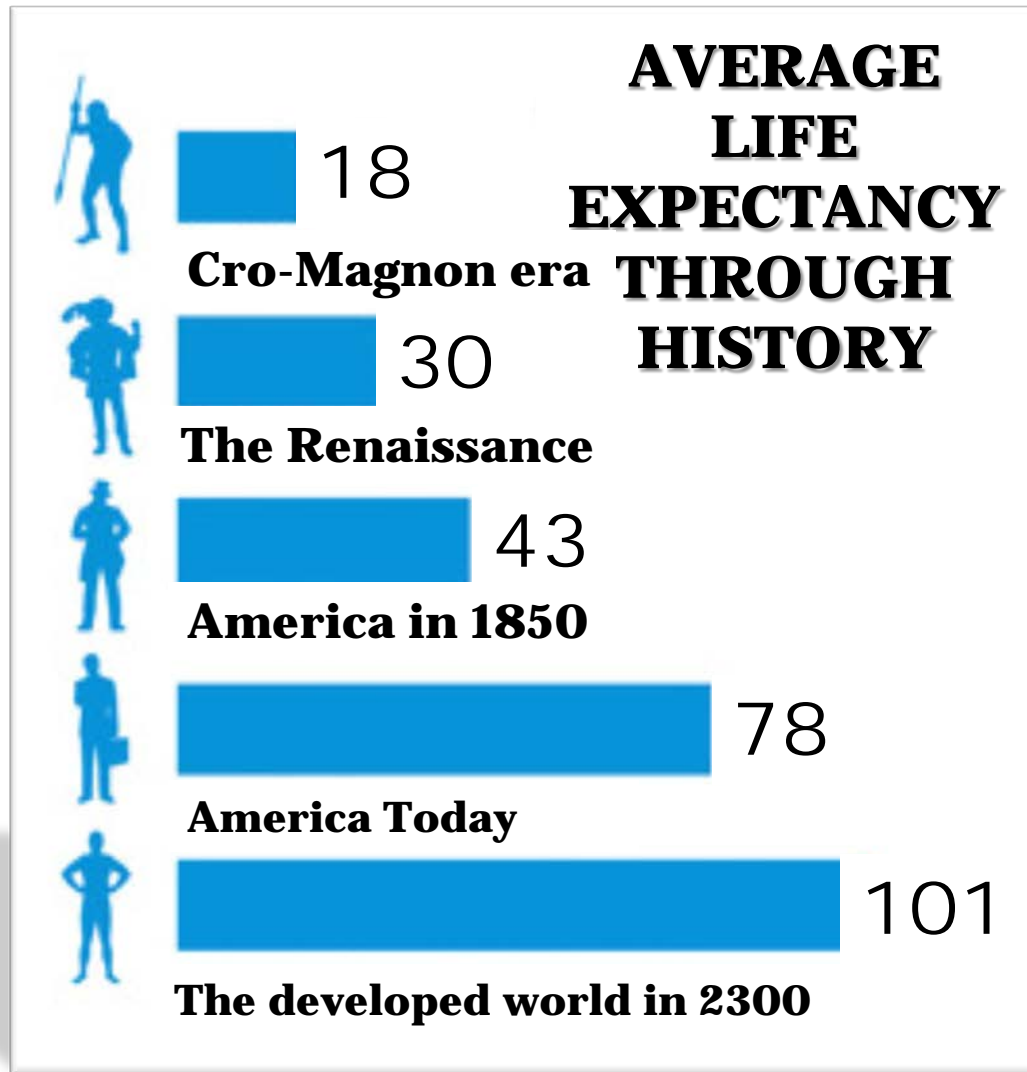


Tarrant County



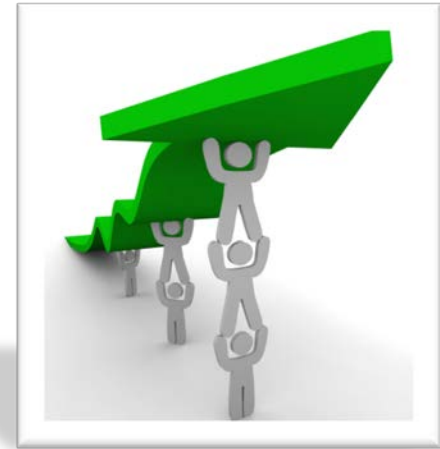
76.0 Years

Measurement Period: 2010



Increase Life Span

- **Get Annual Check Ups**
- Be truthful with a doctor
- Check testosterone levels
- Assess your risk for heart disease
- Recognize & treat depression
- Start young



5 Common Excuses That Keep Men Away From The Doctor

1

"But there's nothing wrong with me."

How do you know for sure?



2

"I don't have a doctor."

Find one. Ask your friends for referrals.



3

"I don't have time."

You will if you end up in the hospital.



4

"It costs too much."

So does chronic illness.



5

"You're not the boss of me."

Sigh.



Prevention



Healthy
Choices A Day
To Keep The
Doctor Away



Get 30
minutes of
daily exercise.

1



Cut back on
the pizza and
sandwiches.

2



Look at the
belly as a
warning sign.

3



Drink
alcohol only
moderately.

4



Quit
smoking
already.

5

Source: US Department of Health & Human Services

Stroke

Remember the acronym **FAST** for a stroke victim

- **F**ace: Ask the person to smile. Does one side of the face droop?
- **A**rm: Ask the person to raise both arms. Does one arm drift downward?
- **S**peech: Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?
- **T**ime: If you observe any of these signs, it's time to call 911.

Tobacco

- It's never too late to quit.
- Quitting improves your health and lowers your risk of harmful diseases.
- Avoid secondhand smoke.
- For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness.
- CDC launched the first-ever national tobacco education campaign—Tips From Former Smokers (Tips).

▫ <https://www.youtube.com/watch?v=IeVsQaJE5II>



Vaccinations

- Get vaccinated.
- Everyone needs immunizations to stay healthy, no matter how old you are.
- Even if you had vaccines as a child, immunity can fade with time.
- Recommendations are based on a variety of factors, including age, overall health, and your medical history.



Stress Management

Common Symptoms

- Feeling tired
- Forgetfulness
- Inability to sleep
- Irritability
- Lack of motivation
- Loss of concentration
- Muscular & skeletal aches & pains
- Recurring headaches
- Starting to drink or use to cope



Tips


- Get physical exercise
- Get enough sleep
- Lead an interpersonally connected life, not an electronically connected one.



Community Resources

- **It's a Guy Thing** (Fort Worth, TX)
 - Location: Baylor Scott & White All Saints Medical Center
 - Free Men's Health Event: Health Screenings
 - Physician panel on men's health
 - <https://www.baylorscottandwhite.com/GuyThing/Pages/FortWorthGuyThing.aspx>
- **T-Off Men's Health Clinic** (Fort Worth, TX)
 - Founded by men with men's overall health care in mind.
 - <http://toffmenshealth.com/>





“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.”

-Congressman Bill Richardson

QUESTIONS



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