Men’s Health

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Introduction

- Contrary to the idea that the old man is a complainer about their health, most actually rate their health as good or excellent. This, despite the fact that most are diagnosed with at least one chronic illness.
- Despite the fact that men are living longer there are still two older ladies to every old man.
- Americans are living longer than ever, but American men still aren’t living as long as American women.
- The average life expectancy for men in the US is now roughly 73.2 years in 2021 For women, it’s 79.1 years . [2]

Why Talk about Men's Health?

- Only 3 out of 5 men get annual physicals
- Over 40% of men only go to the doctor when they think they have a serious medical condition
- More than half of men said their health wasn't something they talk about. [1]

Causes of Death in Men [2]

15 Leading Causes of Death	Deaths	Population	Crude Rate Per 100,000	Age Adjusted Rate Per 100,000
#Diseases of heart (I00-I09,I11,I13,I20-I51)	357,761	161,657,324	221.3	204.8
#Malignant neoplasms (C00-C97)	315,876	161,657,324	195.4	172.9
#Accidents (unintentional injuries) (V01-X59,Y85-Y86)	112,720	161,657,324	69.7	68.3
#Chronic lower respiratory diseases (J40-J47)	73,724	161,657,324	45.6	41.6
#Cerebrovascular diseases (I60-I69)	64,347	161,657,324	39.8	37.6
#Diabetes mellitus (E10-E14)	49,512	161,657,324	30.6	27.3
#Alzheimer disease (G30)	37,983	161,657,324	23.5	23.9
#Intentional self-harm (suicide) (*U03,X60-X84,Y87.0)	37,256	161,657,324	23.0	22.4
#Chronic liver disease and cirrhosis (K70,K73-K74)	28,105	161,657,324	17.4	15.1
#Nephritis, nephrotic syndrome and nephrosis (N00-N07,N17-N19,N25-N27)	26,669	161,657,324	16.5	15.4
#Influenza and pneumonia (J09-J18)	24,644	161,657,324	15.2	14.4
#Parkinson disease (G20-G21)	21,592	161,657,324	13.4	13.1
#Septicemia (A40-A41)	18,867	161,657,324	11.7	10.7
#Essential hypertension and hypertensive renal disease (I10,I12,I15)	16,613	161,657,324	10.3	9.5
#Assault (homicide) (*U01-*U02,X85-Y09,Y87.1)	15,264	161,657,324	9.4	9.6

Men’s Health Issues: Cardiovascular Disease

According to the American College of Cardiology, by 2035, over 130 million adults in the US population (45.1 percent) are projected to have some form of CVD. About one out of every three adult males have some form of cardiovascular disease, making this one of the most serious men’s health issues.

Cardiovascular Disease

Factors that contribute to cardiovascular disease are not limited to, but include:

- Smoking
- Lack of physical activity
- High cholesterol or high blood pressure
- Excess weight
- Poor diet
- Excessive alcohol use
- Excessive stress

Prostate Cancer

- Prostate cancer is one of the most common types of cancer. Many prostate cancers grow slowly and are confined to the prostate gland, where they may not cause serious harm. However, while some types of prostate cancer grow slowly and may need minimal or even no treatment, other types are aggressive and can spread quickly.
- Prostate cancer that's detected early — when it's still confined to the prostate gland — has the best chance for successful treatment.

Prostate Cancer

Symptoms

- Prostate cancer may cause no signs or symptoms in its early stages.
- Prostate cancer that's more advanced may cause signs and symptoms such as:
  - Trouble urinating
  - Decreased force in the stream of urine
  - Blood in the urine
  - Blood in the semen
  - Bone pain
  - Losing weight without trying
  - Erectile dysfunction

Other Prostate Problems

- Common older men's health issues develop within the prostate gland. You should see a doctor right away if you have any of the following symptoms, as they signal a problem with your prostate:

- Frequent urge to urinate
- Need to get up many times during the night to urinate
- Blood in urine or semen
- Pain or burning urination
- Painful ejaculation
- Frequent pain or stiffness in lower back, hips, pelvic or rectal area
- Dribbling of urine

- These are generally symptoms of an enlarged prostate. When the gland becomes enlarged, it squeezes the tube that carries urine and causes discomfort. Men over 50 are generally more at risk of developing an enlarged prostate. [3]

Lung Cancer

- Lung cancer is the leading cause of death from cancer among both men and women. Every year, more people die of lung cancer than of three other major cancers combined.
- The American Cancer Society estimated that in 2018, 121,680 men were diagnosed with lung cancer.
- Lung cancer mainly occurs in the elderly. Most with the condition are 65 or older, while a very small number of people diagnosed are under 45. The average age at the time of diagnosis is about 70.
- Lung cancer is known to spread quickly and is usually rather far along before it is diagnosed, which is why it’s so deadly.
- Tobacco smoke is the cause of 90 percent of all lung cancers—and the single most preventable cause of death overall. Quitting smoking at any age reduces your risk for lung cancer. Talk with your doctor about tools for smoking cessation

Depression and Suicide [10]

- While older adults comprise just 12% of the population, they make up approximately 18% of suicides.
- In 2020, among the nearly 46,000 suicides that took place in the U.S., 9,137 were attributed to people age 65 and up.
- Older adults tend to plan suicide more carefully. They are also more likely to use more lethal methods.
- Among people who attempt suicide, one in four seniors will succeed, compared to 1 in 200 youths. Even if a senior fails a suicide attempt, they are less likely to recover from the effects.
- Men 65 and older face the highest overall rate of suicide.

Diabetes

- As a guy, you’re more likely to get type 2 diabetes at a lower weight than women. One reason is that men store more fat in their bellies—a known risk factor. And more men than women have diabetes that’s undiagnosed; maybe it’s that “don’t want to hear bad news” thing.

- Diabetes puts both men and women at greater risk for heart disease, stroke, vision loss, kidney failure, even amputation of a toe, foot, or leg. But some diabetes problems hit guys directly below the belt: [5]

Diabetes

- Erectile Dysfunction
- In addition to ED, nerve damage from diabetes can cause other problems for men, including:
- Overactive bladder (needing to urinate often, urinating often at night, leaking urine)
- Male incontinence (leaking urine)
- Urinary tract infections (UTIs)
- Retrograde ejaculation (semen is released into the bladder)

Low Testosterone

- After age 30, most men begin to experience a gradual decline in testosterone. A decrease in sex drive
- sometimes accompanies the drop in testosterone, leading many men to mistakenly believe that their
- loss of interest in sex is simply due to getting older.
- Some say it's just a part of aging, but that's a misconception," says Jason Hedges, MD, PhD, a
- urologist at Oregon Health and Science University in Portland. A gradual decline in testosterone can't
- explain a near-total lack of interest in sex, for example. And for Hedges' patients who are in their 20s,
- 30s, and early 40s and having erectile problems, other health problems may be a bigger issue than
- aging.
- "A lot of the symptoms are mirrored by other medical problems,"
- Mezitis, who estimates that about a quarter to a third of the men he tests for low testosterone have
- levels below normal. "Sometimes it is testosterone, sometimes it is the thyroid, and sometimes it's
- something unrelated to hormones."

Taking Control of your Health [11]

- See Your Health Providers regularly
- Call Or see your Healthcare Provider when you’re feeling Sick
- Take medications, vitamins and supplements only as directed.
- Get your shots!
- Drink only on moderation

Taking Control of your Health (cont.)

- Use sunscreen
- Lower your risk of falls and fractures
- Don’t smoke; quit if you do
- Eat right, well most of the time!
- Exercise your brain **and** your body
- Spend time with others

82yr old granny deadlifts 153lbs.

Thank you

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