MEN’S HEALTH:

Being Healthy at Any Age

Prevention
IDEAS

Healthy
IDEAS

Access

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. 3 John 1:2
Prevention is **POWER**

- Routine check-ups – Males are less likely to see a primary care physician
- Disparities – African-American men have higher rates of chronic diseases
- According to CDC over 45% of men did not have an annual screening in 2013
Consequences of Delaying Care

• Premature mortality from preventable conditions i.e. stroke, high blood pressure and heart disease

• Greater morbidity and disability as disease often presented in late stages

• Men tend to wait longer after symptoms appear frequently ignoring symptoms until there is a crisis

• Shorter life expectancy - lagging 11.3 years behind white women
Preventive Care - Challenges

- Lack of health insurance and high costs associated, time lost from work or school for doctor’s appointments
- Lack of knowledge
- Reluctance to disclose vulnerability
- Cultural insensitivity among providers
Preventive Care – Social Issues

- Health value - positively linked to preventive health behavior
- Medical mistrust - race based medical malpractice i.e. the Tuskegee Study (1931-1972)
- Social networks - routine care more likely when decision supported by peers
Go to Your Doctor - S.T.A.T.

GET...

✓ Screened
  ✓ Family history
  ✓ Review of Systems
  ✓ Past Medical History

✓ Tested
  ✓ Physical exam
  ✓ Blood + Urine

✓ Advice
  ✓ Knowledge - disease, treatments

✓ Treated
  ✓ Plan that works for you!
DON’T IGNORE SYMPTOMS!!

- Cardiovascular Disease
- Cancer
- Diabetes
- Kidney Disease
- HIV
- Asthma/Chronic Obstructive Pulmonary Disease (COPD)

✓ Each of these diseases have few or no early warning signs or symptoms
✓ Left undetected, these conditions will progress to debilitating, possibly deadly consequences, with little or no warning!
✓ Most of these diseases can be effectively treated, if detected early
TAKE HOME MESSAGE

Men need to have access routine healthcare

Delaying to seek medical attention and ignoring symptoms is associated with increased mortality and morbidity

Find resources in your church or your community to take charge of your health