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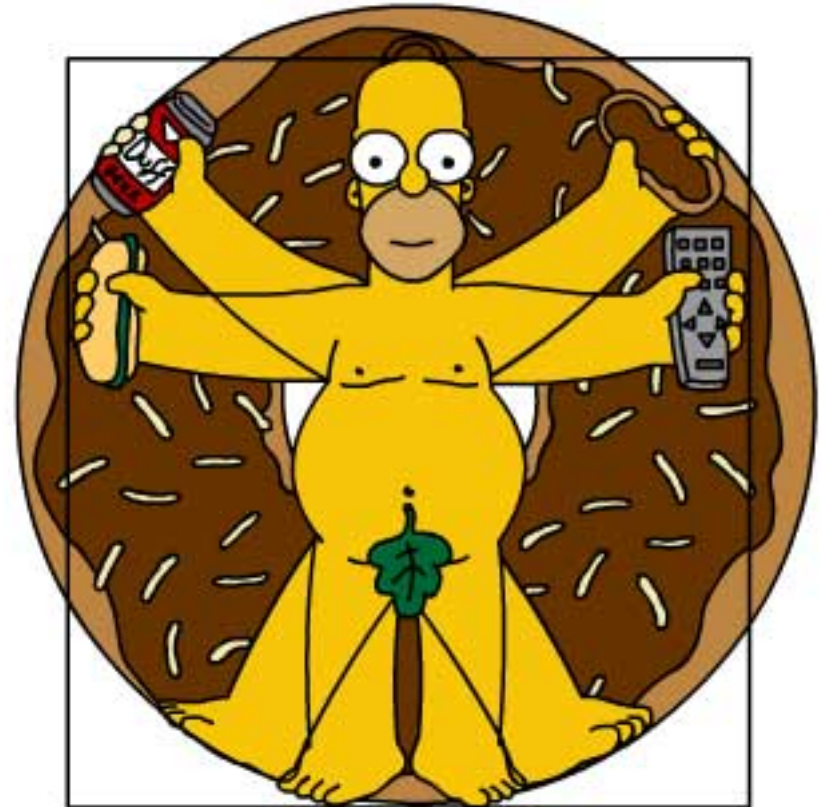
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Men's Health

NM2714

2009



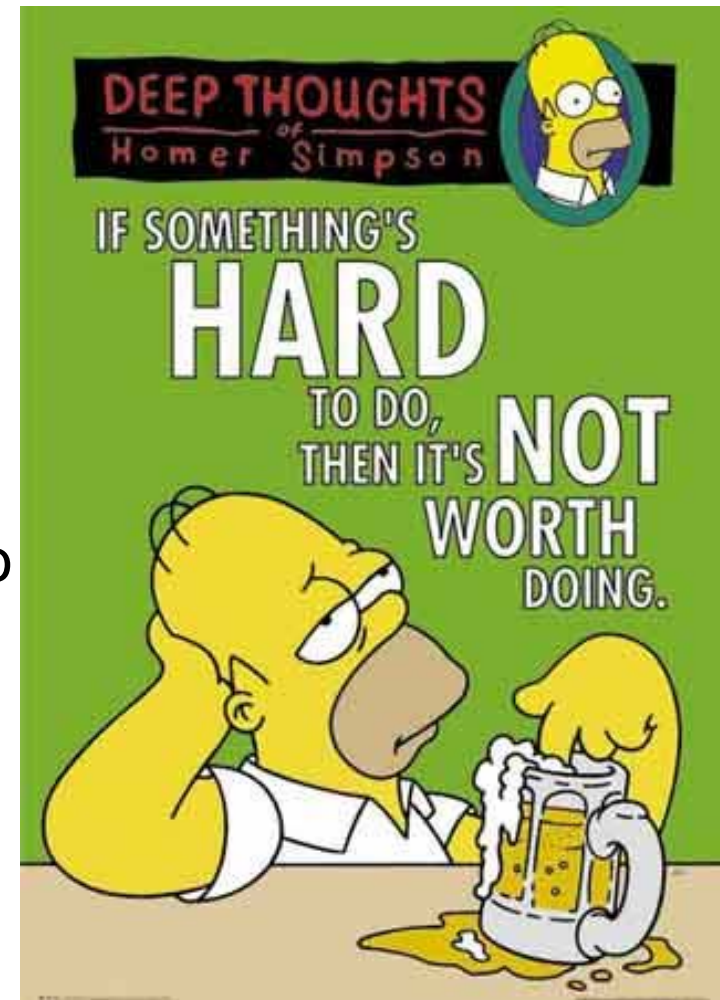


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Learning outcomes

- To understand that Men's Health has too often been neglected
- To recognise that an average man's understanding of what constitutes health is distorted
- To demonstrate that men need to take some responsibility for their own health





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Men and Women are different...(just in case you didn't know)

- **Being male or female has a profound impact on our health. This is due to biological differences and to gender differences and inequities. Gender, interacting with social determinants such as class, ethnicity and age, influences women and men's health during the course of their lives. Being a man or a woman is a determinant of differential risks, exposures and susceptibility to disease, differential access to health protective resources, as well as differential consequences of ill health. (WHO Regional Offices for Europe November 2004)**



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Areas of real concern in men's health

Fitness

Sport injuries, diet & general fitness, trauma (risk taking)

Skin (melanoma), Alcohol, smoking & drugs

Stress, anxiety & depression

Heart disease, lung disease & CVAs

Sexual Health

Erectile dysfunction, premature ejaculation, fertility, family planning, testicular cancer, testicular self examination, sexually transmitted infections, sexuality, relationships.

Prostate

Cancer & benign prostatic hyperplasia



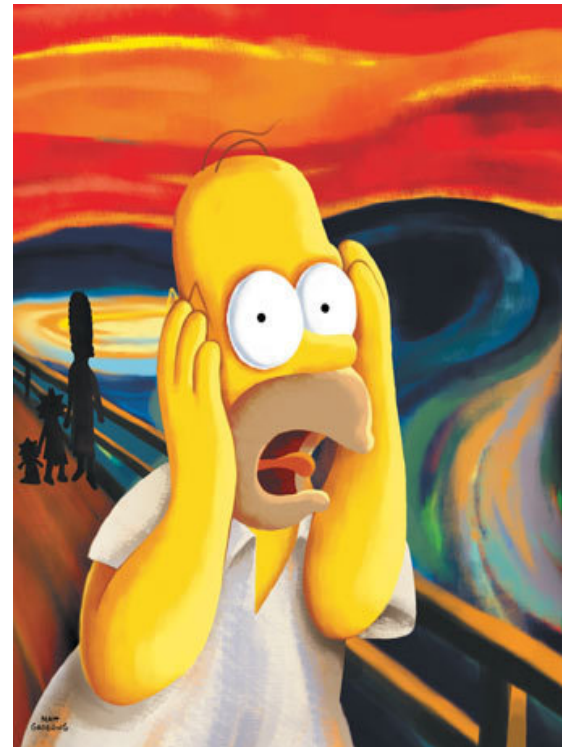


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Mental health a growing problem

- **Stress anxiety and depression are on the rise in men.**
- **Male suicides have risen 10 fold in the last decade.**
- **65% of all UK suicides are by men**





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What men themselves are concerned

1. Hair loss
2. Body shape
3. Penis size





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Being a man 'is bad for health'



- Simply being a man is bad for your health.
- A study in the United States shows men take more risks than women and are more likely to die from almost everything from heart disease to murder.
- Men are more likely to die than women at practically every stage of their lives.
- Research found the risks are highest in early twenties and in old age.



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Men's health 'a low priority'

- Research found that men between the ages of 20 and 24 were three times more likely to die than women of the same age.
- Up to the age of 50, men were overall twice as likely to die compared to women.
- Even in the later stages of life, men continued to have higher death rates than women.





Leading causes of death for men 2000

All men

1. Heart Disease
2. Cancer
3. Stroke
4. Accidents
5. Chronic lower respiratory diseases
6. Diabetes
7. Influenza and pneumonia
8. Suicide
9. Kidney disease
10. Chronic liver disease and cirrhosis

Caucasian men

1. Heart Disease
2. Cancer
3. Stroke
4. Chronic lower respiratory diseases
5. Accidents
6. Diabetes
7. Influenza and pneumonia
8. Suicide
9. Chronic liver disease and cirrhosis
10. Kidney disease



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Leading causes of death for men

African men

1. Heart Disease
2. Cancer
3. Accidents
4. Stroke
5. Victims of crime
6. HIV
7. Diabetes
8. Chronic lower respiratory diseases
9. Kidney disease
10. Influenza and pneumonia

Asian men

1. Heart Disease
2. Cancer
3. Stroke
4. Accidents
5. Chronic lower respiratory diseases
6. Influenza and pneumonia
7. Diabetes
8. Suicide
9. Kidney disease
10. Victims of crime



Male health statistics 1

- Men's health is poor according to a wide range of measures.
- Males are more likely to die than females at all ages.
- The average male life expectancy at birth is currently 76.2 years; women live on average five years longer.
- Males are more likely than females to die from cancer, heart disease, HIV infection, accidents and suicide.



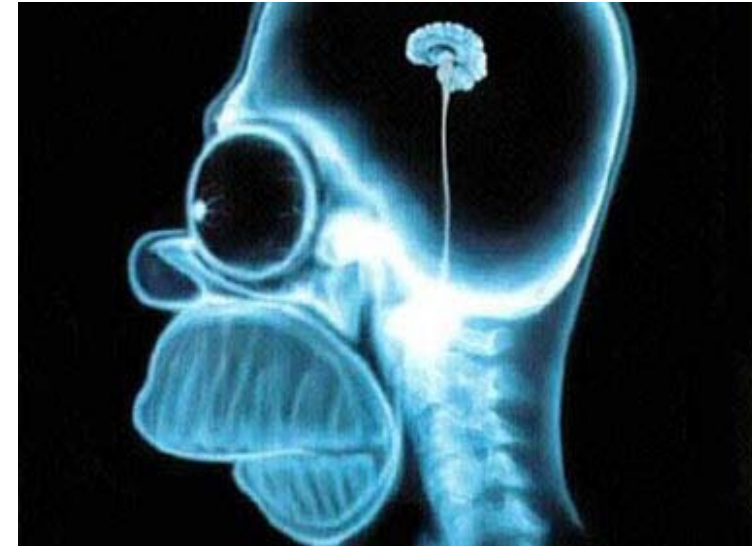


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Men's health statistics 2

- Men take more risks with their health than women: they are more likely to drink more than the recommended alcohol limits, to smoke, to be overweight, to use illegal drugs or to expose themselves to the sun without using sun cream.
- Men aged 16-34 are more than twice as likely as women to have a major or minor accident.
- Men are much less likely than women to consult a GP or a dentist - on average, males visit an NHS GP four times a year while women visit six times a year.





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Quality not just quantity

- In the EU the average lifespan of a man is 76 years.
- In the UK, it is 76.2 years.
- **However**
 - In the EU the average number of *healthy* years is 64.5
 - In the UK 61.5 years





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MULTIPLE CHOICE QUIZ ON MEN'S HEALTH

1. **What are the causes of premature ejaculation?**
 - a. Some men first had sex hurriedly, and then learned a bad habit.
 - b. The man is probably worried about maintaining an erection.
 - c. The man probably has some unresolved relationship issues.
 - d. Hyperactive muscles that move too fast toward ejaculation.





2. What are the causes of a curved penis, or Peyronie's disease?

- a. Scar tissue or plaque.
- b. Too much masturbation.
- c. Vitamin E deficiency.
- d. Not Known.





3. When should a man's testicles be examined for any changes?

- a. In the doctor's surgery.
- b. After ejaculation.
- c. After a bath or shower.
- d. During foreplay.



4. Why is a vasectomy the preferred method of sterilisation over tubal ligation?

- a. It is an outpatient procedure and only requires a local anaesthetic.
- b. Its more readily available because it costs less.
- c. There is an 18% chance of reconnection after tubal ligation.
- d. All of the above.



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5. Does masturbation cause any of the following?

- a. Infertility.
- b. Generalised weakness.
- c. Semen that only produces girls.
- d. No adverse affects.



6. Why don't men go to the doctor?

- a. They don't have time.
- b. After age 18 there is no real need to see a doctor.
- c. It's viewed as a threat to their masculinity.
- d. Because they don't get sick as often as women.



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7. Which of these is a hidden sign of Coronary Heart Disease?

- a. Erectile Dysfunction
- b. Weight gain
- c. Angina
- d. Vision loss



8. What proportion of food types makes for a healthy diet?

- 5% fat; 60% carbohydrates; 35% protein.
- 10% fat; 45% carbohydrates; 45% protein.
- 40% fat; 30% carbohydrates; 30% protein.
- 10% fat; 60% carbohydrates; 30% protein.



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9. What is the most common cause of penile cancer?

- Circumcision.
- Sexual practice.
- Genetic predisposition.
- Poor personal hygiene.



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10. Which of these diseases and conditions can being circumcised prevent?

▪

- a. Genital Herpes
- b. Human Papiloma Virus (HPV)
- c. Erectile dysfunction
- d. HIV.



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**11. it's perfectly natural for a man to lose interest in sex
as he gets into his 50s.**

- True
- False



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**12. Most older men, that is, men in their 60s,
are usually unable to get an erection.**

- True
- False



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13. The sexually transmitted disease, genital herpes, can't be cured; it can only be treated when symptoms appear.

- True
- False



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14. Impotence (Erectile Dysfunction) is a psychological problem.

- True
- False



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15. Most male health problems affect their partner.

- True
- False



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16. Treatment for hypertension can cause erectile dysfunction.

- True
- False



17. Testicular cancer is most often found in men who

...

- a. have had a vasectomy.
- b. are under 40 years old.
- c. are over 60 years old.
- d. have a testosterone deficiency.



18. Almost inevitably, as a man gets older ...

- a. he should exercise less frequently.
- b. his chances of getting testicular cancer go up.
- c. his prostate enlarges.
- d. he loses interest in sex.



19. Prostatosis is ...

- a prostate infection.
- the procedure to remove the prostate.
- the state of the prostate when it is inactive.
- muscle spasms involving the prostate and surrounding tissue.



20. A good way to improve bladder control is to ...

- urinate frequently.
- eliminate most liquids from your diet.
- for the female partner to tense her vaginal muscles during penetrative sexual intercourse.
- perform yoga.



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21. Complications of a prostate operation are....

- a. incontinence.
- b. erectile dysfunction.
- c. retrograde ejaculation.
- d. all the above.



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22. Testicular self examination (TSE) should be performed...

- daily
- weekly
- monthly
- annually



Screening Tests: What You Need and When

- Cholesterol Checks: every 5 years, starting at age 35. If he smokes, has diabetes, or a history of heart disease in the family, have cholesterol checked at age 20.
- Blood Pressure: checked at least every 2 years.
- Colorectal Cancer Tests: Begin regular screening for colorectal cancer starting at age 50.
- Diabetes Tests: screen for diabetes if he has high blood pressure or high cholesterol.
- Depression: If he has felt "down," sad, or hopeless, and has felt little interest or pleasure in doing things for a period of 2 weeks, assess (refer) him for depression.
- Sexually Transmitted Infections (STIs): assess whether he should be screened for sexually transmitted infections, such as HIV, Chlamydia & Hepatitis, or refer to a sexual health centre for screening.
- Prostate Cancer Screening: consider having a prostate-specific antigen (PSA) test and digital rectal examination (DRE).



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Learn to treat your body well, after all it's with you for life!



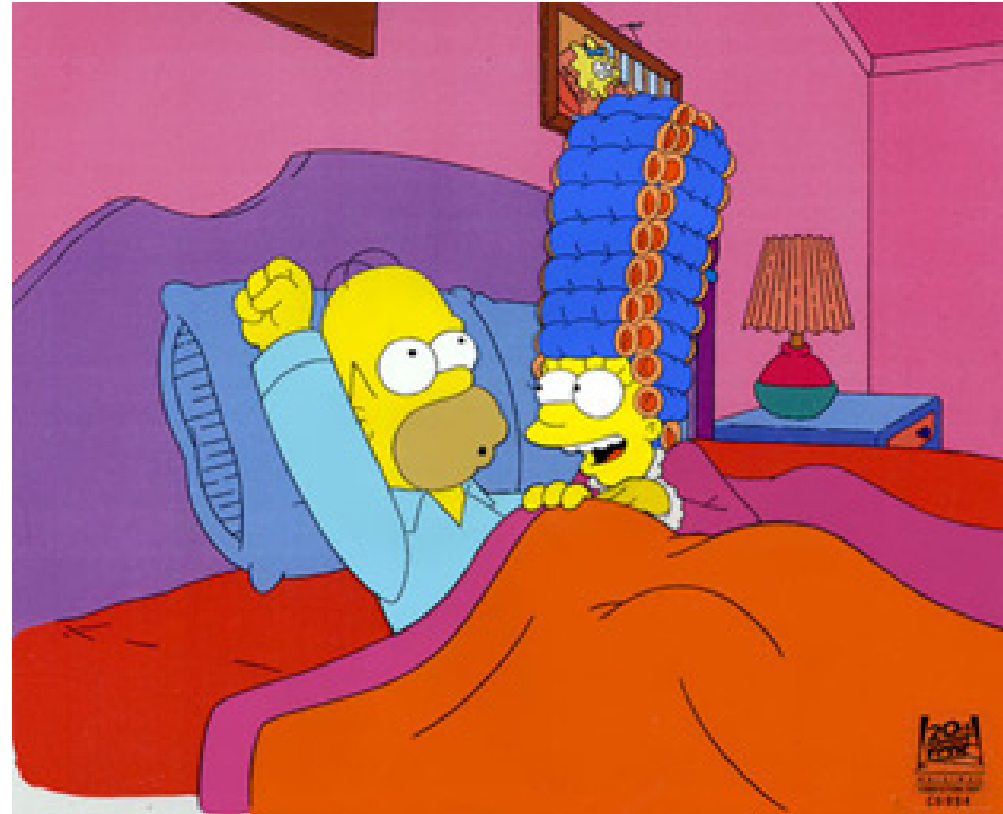


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Not all doom and gloom!

- Orgasms are good for you –
 - Mortality risk was 50% lower in males with high orgasmic frequency than in the group with low orgasmic frequency
 - Have at least 100 orgasms a year!
- SEE George Davey Smith, Stephen Frankel, John Yarnel. (1997) Sex and death: are they related? Findings from the Caerphilly cohort study. British Medical Journal. Vol.315: (20 December)1641-1644





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This lecture can be found at -

- <http://www.staff.city.ac.uk/m.j.jones>