



# Men's Health Issues



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Health Education,  
Health Promotion



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# GROUP CLASS CONFIDENTIALITY AGREEMENT

*Privacy is something everyone is concerned about when they come to a group class. Everyone who participates in the group wants what is said in the group to be treated with respect and complete discretion. Along with Kaiser Permanente's commitment to foster a respect for all participants, each participant individually has a responsibility to respect and protect each other's privacy.*

*Please share useful general information outside of the group, but what you hear and learn about individual group members should stay here.*



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# IMPORTANT DISCLAIMER

The information provided in this presentation is **NOT** a substitute for the advice of your personal physician or other qualified health care professional.

**Always** seek the advice of your physician or other qualified health care professional with any questions you may have regarding medical symptoms or a medical condition.

**Never** disregard professional medical advice or delay in seeking it based on information contained in this presentation.



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# About Your Instructor

- Cheryl Mirabella
- Kaiser Permanente Health Educator



# AGENDA

1

- What are the leading causes of death among men?

2

- How can you reduce your risk ?

3

- How can I move from awareness to action?

4

- Kaiser Permanente resources



# MULTIPLE CHOICE

Major signs of stroke include:

- A. Sudden trouble seeing in one or both eyes
- B. Sudden trouble walking, dizziness, or loss of balance or coordination
- C. Sudden severe headache with no known cause
- D. Sudden numbness or weakness of the face, arms, or legs
- E. Sudden confusion, trouble speaking, or trouble understanding others
- F. All of the above



# PHYSICAL ACTIVITY

What is the minimum amount of moderate-intensity physical activity adults should engage in 5 or more days of the week?

- A. 20 minutes per day
- B. 30 minutes per day
- C. 60 minutes per day
- D. 90 minutes per day





# MEN'S HEALTH FACTS

Men are:

- 24 percent less likely than women to have visited a doctor within the past year and are 22 percent more likely to have neglected their cholesterol tests.
- 28 percent more likely than women to be hospitalized for congestive heart failure.
- 32 percent more likely than women to be hospitalized for long-term complications of diabetes and are more than twice as likely than women to have a leg or foot amputated due to complications related to diabetes.
- 24 percent more likely than women to be hospitalized for pneumonia that could have been prevented by getting an immunization.

Source: *Healthy Men: Learn the Facts*. December 2012. Agency for Healthcare Research and Quality, Rockville, MD.  
<http://www.ahrq.gov/patients-consumers/patient-involvement/healthy-men/index.html>, last visited 05/23/2019.





# MEN'S HEALTH FACTS

## Leading causes of death in 2018

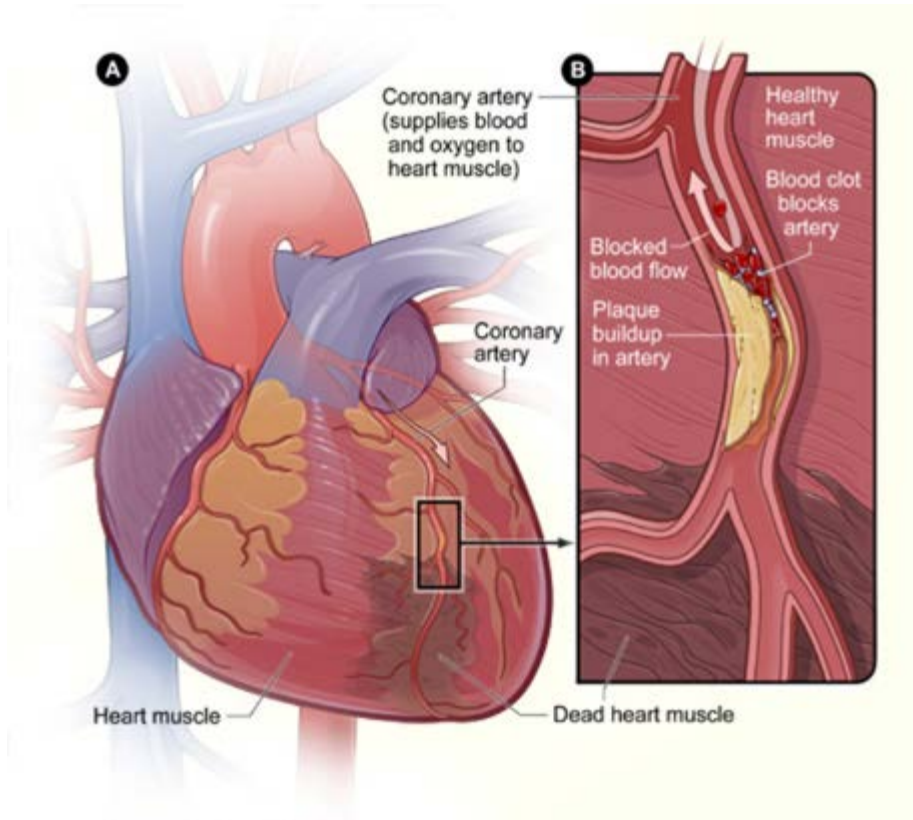
- Heart disease
- Cancer
- Accidents (unintentional injuries)
- Chronic lower respiratory diseases
- Stroke



Source: *Death: Leading Causes for 2018*, Centers for Disease Control, <https://www.cdc.gov/nchs/products/databriefs/db328.htm>, last visited 05/23/2019



# WHAT IS HEART DISEASE?



- Plaque can build up on the artery walls and slow down blood flow.
- A heart attack occurs when plaque completely blocks blood flow to the heart.
- A stroke occurs when plaque completely blocks blood flow to the brain.

Source: National Heart, Lung and Blood Institute, available at <http://www.nhlbi.nih.gov/health/health-topics/topics/hdw/>, last visited 05/23/2019



# HEART DISEASE RISK FACTORS

- Increasing age
- Family history
- Previous history of stroke or heart attack
- Gender



# HEART DISEASE RISK FACTORS



Risk factors that can be changed:

- High Blood Pressure
- High LDL cholesterol
- Smoking
- Diabetes
- Overweight and obesity
- High fat diet
- Physical inactivity
- Excessive alcohol use



# AMERICAN HEART ASSOCIATION'S LIFE'S SIMPLE 7™

- Get active
- Control cholesterol
- Eat better
- Manage blood pressure
- Lose weight
- Reduce blood sugar
- Stop smoking



Source: *Life's Simple 7™*, American Heart Association, <http://mylifecheck.heart.org>, last visited 05/24/2019.





# THREE MOST COMMON CANCERS IN MEN

- Prostate cancer
- Lung cancer
- Colon and rectal cancer
- Urinary bladder cancer
- Melanoma



# CANCER SCREENING IN MEN

- Prostate specific antigen (PSA) test and rectal exam
  - From ages 50-69, talk to your doctor about whether screening is right for you.
- Low-dose CT scan of the chest
  - If you have smoked within the **past 15 years**, talk to your doctor annually about screening for lung cancer
- Fecal Immunochemical Test (FIT), flexible Sigmoidoscopy, Colonoscopy
  - From ages 40-49, talk to your doctor about screening based on your risk factors
  - From ages 50-75, talk to your doctor about which screenings are right for you





# ACCIDENTS (UNINTENTIONAL INJURIES)

Males are at higher risk than females for motor vehicle crashes, falls, drowning, and homicide.



Accidents:

- Car accidents
- Drug overdose
- Falls
- Fires



# WHAT YOU CAN DO TO REDUCE RISK

- Follow workplace safety guidelines.
- Drive safely: obey speed limits, do not text and wear seatbelts.
- Wear a helmet when on a bike, skateboard, or motorcycle.
- Don't keep loaded firearms in the house.
- Use care with ladders, power equipment, and chemicals when working around the home.



# THINKING ABOUT IT...

What are some reasons for making lifestyle changes to improve my health?



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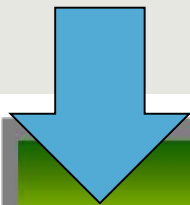
# TAPPING INTO YOUR OWN MOTIVATION

What are some reasons for keeping things the same, and not making changes?



# THINKING ABOUT IT...

What one change might I consider? Are you ready to make a change?



0 1 2 3 4 5 6 7 8 9 10

Not ready

Ready



# ASK YOURSELF...

0 – 3

What would need to happen for me to consider this in the future?

4 – 6

What might be my next steps?

7 – 10

What's my plan? What will help me be successful?





# Wrap Up

Ingredients for success

Tools for your toolbox



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# Kaiser Permanente on-line resources

- [kp.org/mindbody](http://kp.org/mindbody)  
learn techniques for mind & body health
- [www.kp.org/healthylifestyles](http://www.kp.org/healthylifestyles)  
HealthMedia® Relax® program
- [www.kp.org/listen](http://www.kp.org/listen)  
guided imagery for sleep, stress, weight loss, and more

## Reduce stress with a proven relaxation plan

[Relax](#) delivers a customized plan to manage symptoms and health issues related to stress.

 [Printer friendly](#)

Discover what causes your stress and find ways to help manage it. The Relax program teaches you how to minimize symptoms of stress, including:

- headaches
- irritability and depression
- sleep problems
- weight gain or loss
- smoking



63 percent of people who have completed the program report reduced stress levels.\*

Once you complete the questionnaire, you'll receive an action plan to help you begin managing your stress and start reducing its impact on your life.

[Take Relax now.](#)

If you aren't able to finish the program all at once you can save your spot, then pick up where you left off when you return.

Tried Relax and want to learn even more ways to de-stress? Find balance in our [mental health and emotional wellness](#) center.



# Kaiser Permanente Today

## Strong momentum in web, mobility, policy, telehealth, innovation

kp.org

**76+ Million** total visits



**24+ Million**

Lab results viewed online

**10+ Million**

Emails to doctors

**8+ Million**

Prescription refills



mobility

**65,000+** average daily visits



Percentage of visits to kp.org via mobile

**17+**  
million  
total visits to  
mobile  
kp.org



Every Body Walk! - This app enables users to personalize walking plan, connect with walking communities, learn about the latest fitness trends and tips, and more.



Mobile Clinical Library  
iPhone and iPad



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# KP.ORG: A HUB FOR MANAGING HEALTH

## ➤ Tools and resources for members

- ✓ Total Health Assessment
- ✓ Health and drug encyclopedias
- ✓ Symptom checker
- ✓ Healthy lifestyle programs
- ✓ Health videos
- ✓ Total Health Radio online radio show and podcast



# TOTAL HEALTH ASSESSMENT

*An interactive health awareness tool with built-in digital coaching solutions*

- Provided by Johnson & Johnson Health and Wellness Solutions
- Assesses Bio, Mind, Lifestyle, Body
- Assessment results generate next steps recommendations with built-in solutions
  - Skills and action steps that can help modify behaviors that may result in personal improvements
  - Include tips on healthy eating, exercise, or stress management
  - Optional healthy lifestyle interactive coaching programs



## *9 Healthy Lifestyles Programs*

- *Breathe - Tobacco Cessation*
- *Relax - Stress Management*
- *Balance - Weight Management*
- *Nourish - Healthy Eating*
- *Care for Your Back*
- *Care for Pain*
- *Care for Depression*
- *Care for Diabetes*
- *Dream® - Sleep Management*



# Make the Call, Take the Call

The State of Maryland Wellness Program offers free confidential health coaching through its "Make the Call, Take the Call" coaching program.

Trained professional coaches will help you to understand your health status and provide motivating support over the phone to help you with the following topics:

- Healthy weight*
- Managing stress*
- Physical activity*
- Eating healthy*
- Quitting tobacco*



Connect with your Kaiser health coach at: 1.866.862.4295

Please check out our "Make the Call, Take the Call" video located on the wellness website at <http://dbm.maryland.gov/benefits/Pages/WellnessHome.aspx>



# THANK YOU

*Who has the first question?*



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