



Men's Health Issues



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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.

Regional Health Education, Health Promotion and Women's Health Department
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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.

About Your Instructor

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- Kaiser Permanente Health Educator

Agenda

What are the leading causes of death among men?

How can you reduce your risk?

How can I move from awareness to action?

Kaiser Permanente resources

True or false?

Women are more likely to visit the doctor for annual examinations and preventive services than men.



Men's health facts

Men are:

- 24% less likely than women to have visited a doctor within the past year.
- 22% more likely to have neglected their cholesterol tests.
- 32% more likely than women to be hospitalized for long-term complications of diabetes.
- 24% 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 03/31/2016.

Men's health facts

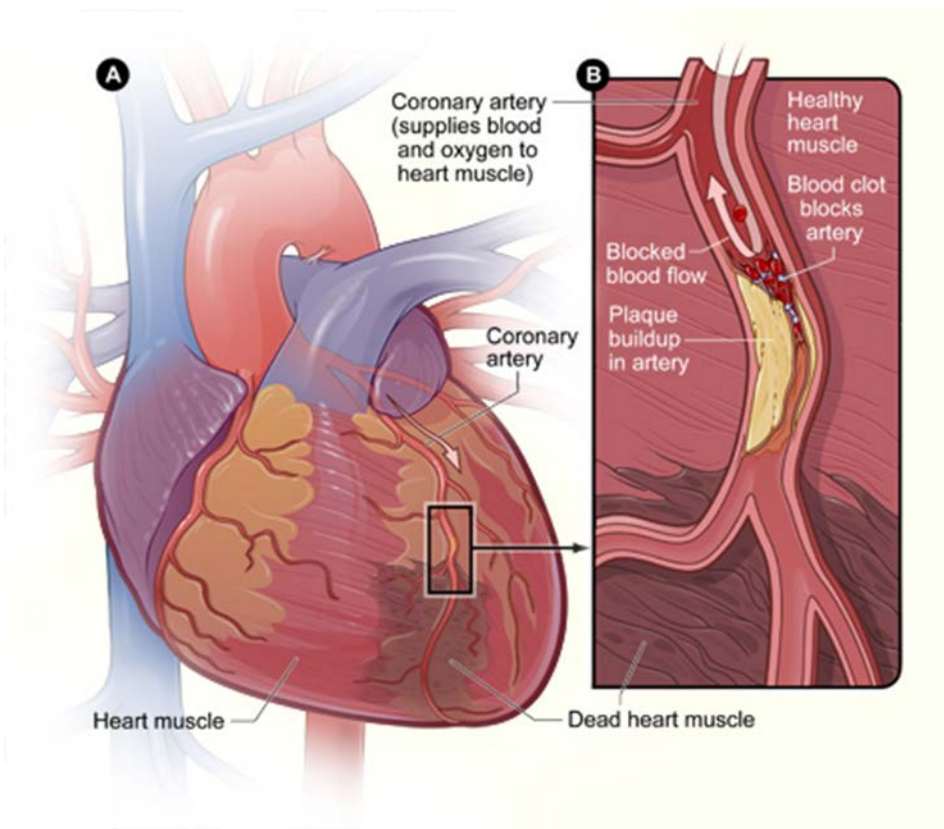
Leading causes of death in 2015

- Heart disease
- Cancer
- Accidents (unintentional injuries)



Source: *Death: Leading Causes for 2013*, Centers for Disease Control, http://www.cdc.gov/nchs/data/dvs/lcwk1_2010.pdf, last visited 03/31/16

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.

Heart disease risk factors



Risk factors that cannot be changed:

- 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

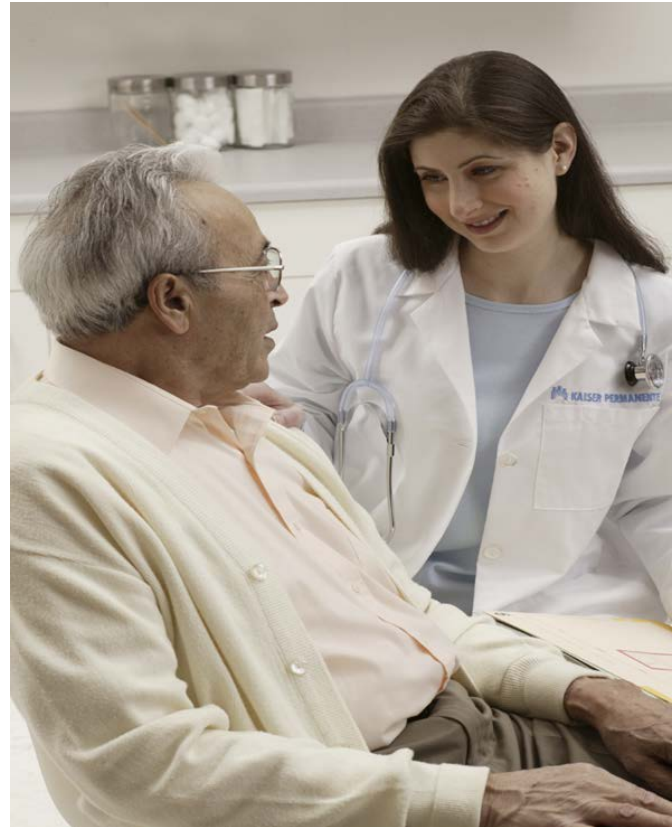


American Heart Association's Life's Simple 7™

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

Three most common cancers in men

- Prostate cancer
- Lung cancer
- Colorectal cancer



Cancer screening in men

- Prostate cancer
 - Prostate specific antigen (PSA) test and rectal exam
 - From ages 50-69, talk to your doctor about whether screening is right for you.
- Lung cancer
 - 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
- Colorectal 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)

- Accidents:
 - Car accidents
 - Drug overdose
 - Falls
 - Fires



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

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?

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*?



Readiness ruler



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?

Kaiser Permanente Online

- Healthy recipes
- Featured Health Topics
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- HealthMedia® Programs*

*Available only to Kaiser Permanente members

www.kp.org/menshealth



Health Education Centers & Classes

- Commit to Quit Tobacco
- Nutrition for Cholesterol Control
- Nutrition for Weight Control
- Living Well with Prediabetes

www.kp.org/classes



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>

For a copy of this presentation

Please visit the State of Maryland Wellness website

<http://www.dbm.maryland.gov/benefits/Pages/WellnessHome.aspx>

Or reach out to your wellness coordinator



Wrap Up

- Ingredients for success
- Tools for your toolbox



Questions??

Thank you and be well!