

# Top 10 Health Concerns for Men

- 1. Heart Disease
- 2. Cancer
- 3. Unintentional Injuries
- 4. Stroke
- 5. Chronic Obstructive Pulmonary Disease
- 6. Diabetes
- 7. Influenza & Pneumonia
- 8. Suicide
- 9. Kidney Disease
- 10. Alzheimer's Disease



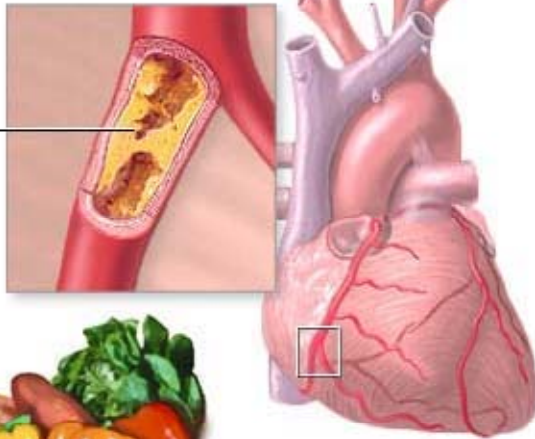
# 1. Heart Disease

- As early as age 45, a man's risk of heart disease begins to rise significantly.
- In 2004, 321,973 men died of heart disease in the U.S.

## Reducing the risk:

Quitting smoking, a healthy diet and exercise may reduce your risk of heart disease

Plaque in coronary artery

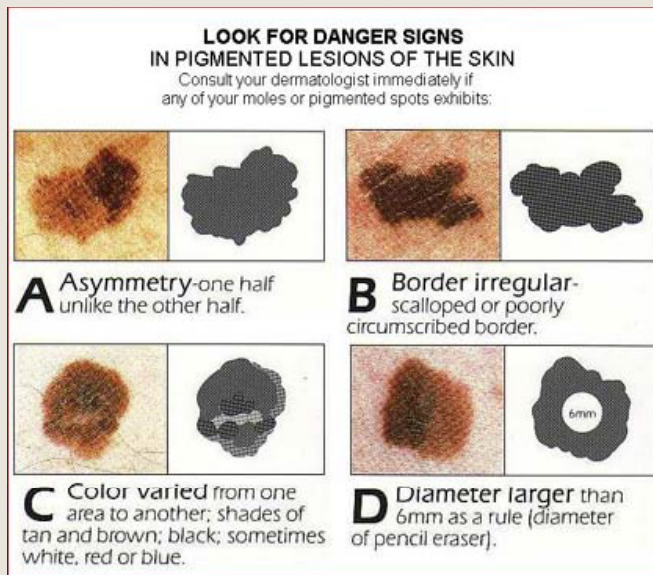
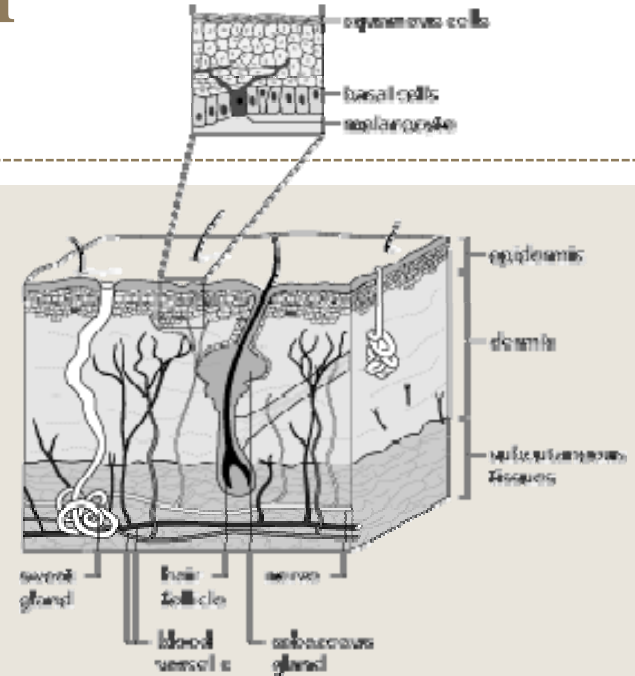


ADAM.

- Make healthier lifestyle choices
- Get treatment for conditions that can damage your heart (cholesterol, diabetes, & high blood pressure).
- Don't smoke or use other tobacco products
- Eat a varied diet rich in fruits, vegetables, whole grains, & low-fat foods
- Get at least 30 minutes of exercise most days of the week

## 2. Skin Cancer

- Most common cancer – non-melanoma skin cancer
- Excessive sun exposure is the single most important risk factor for developing skin cancer.



### Reducing the risk:

- Minimize contact with the sun during peak hours
- Use sunscreen & other protective measures



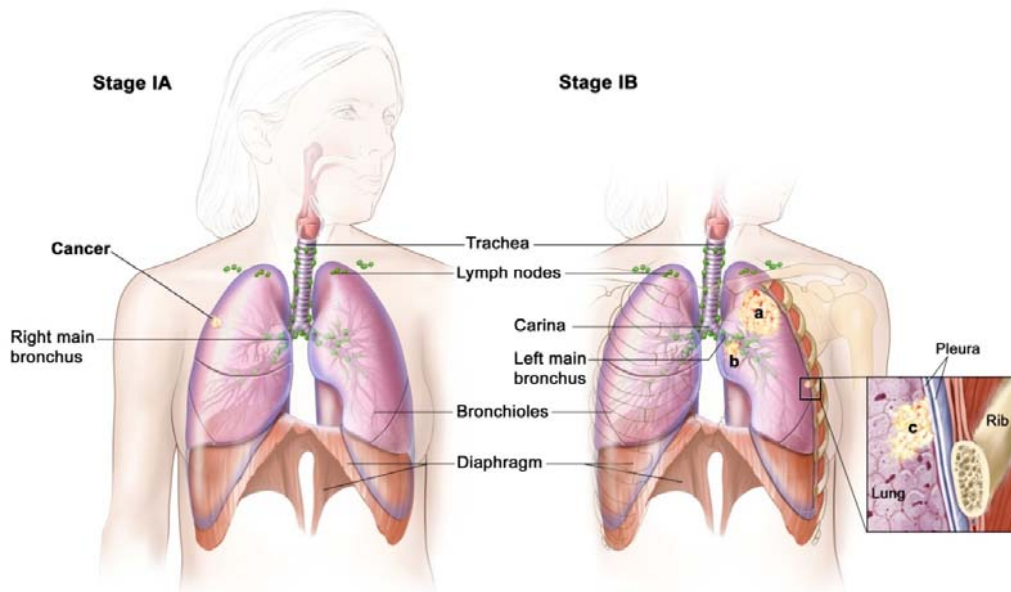
## 2. Lung Cancer

- Leading cause of cancer deaths
- There will be about 213,380 new cases of lung cancer in 2008
- Risk factors
  - Smoking & being around others' smoke
  - Things around us at home or work (such as radon gas)
  - A family history of lung cancer



### Reducing the risk:

- Don't smoke
- Avoid second-hand smoke
- Make sure your home and workplace are radon free



National Cancer Institute

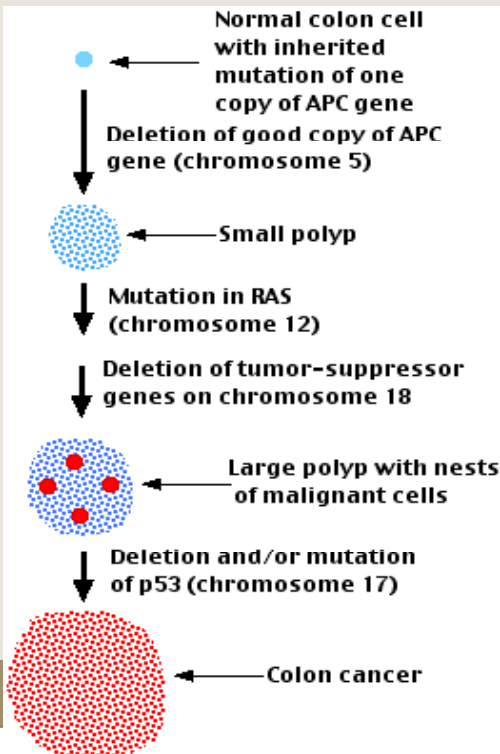
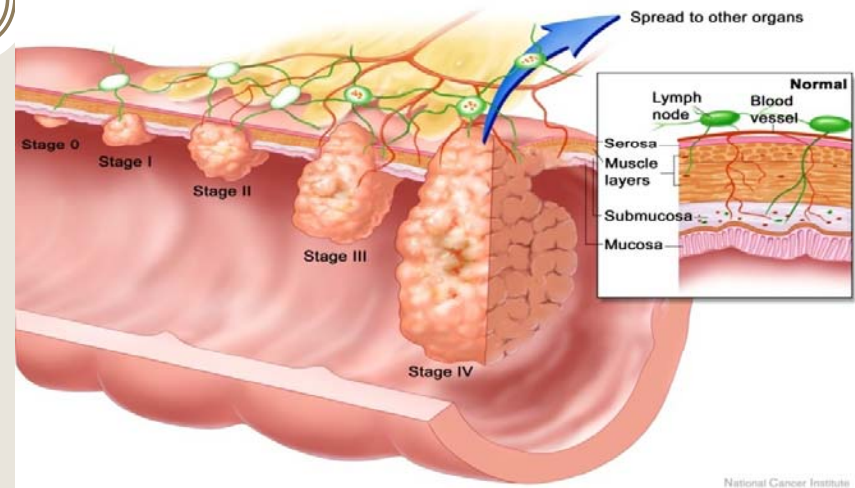


## 2. Colon Cancer

- Fourth most common cancer in men after skin, prostate, and lung

- Risk Factors

- Age: more likely to with age
- Colorectal polyps
- Family History



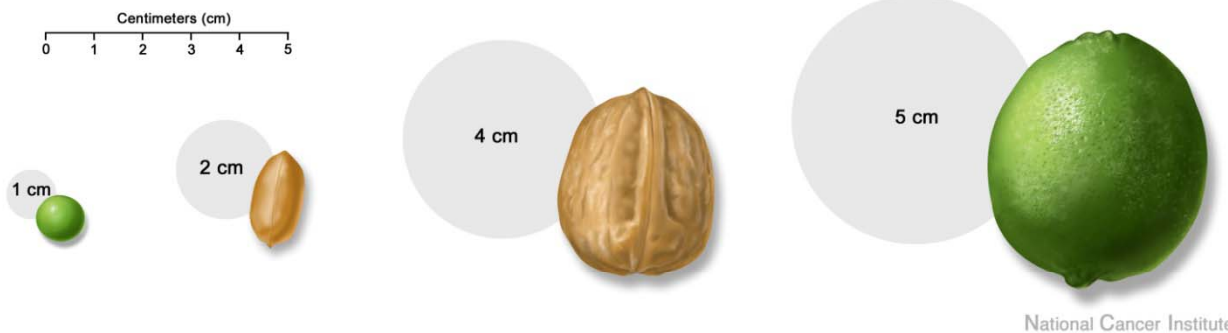
### Reducing the Risk:

- Get five servings of vegetables, fruits, and whole grains a day
- Limit red meat & saturated fats
- Exercise five days a week for at least half an hour
- Quit smoking
- Avoid alcohol
- Maintain a healthy weight

## 2. Testicular Cancer

- In 2007 an estimated 7,920 men were diagnosed with testicular cancer, an estimated 380 will die
- Risk factors:
  - Undescended testicle
  - Family History: Risk is greater when a person has testicular cancer in their family

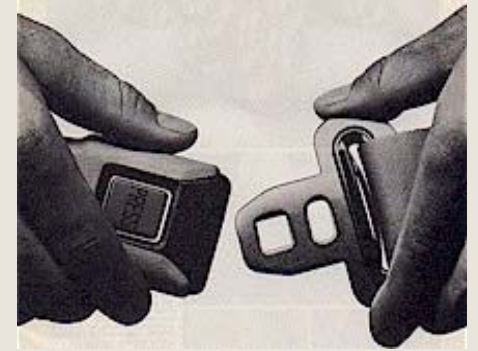
**None of these factors can be prevented because they are present at birth.**



Stages of Testicular Cancer

### 3. Accidents (Unintentional Injuries)

- 5<sup>th</sup> leading cause of death in the U.S. & about one of four people treated in an ER is treated for an unintentional injury.
- In 2003, twice as many men died from motor vehicle accidents as women.



#### **Reducing the Risk:**

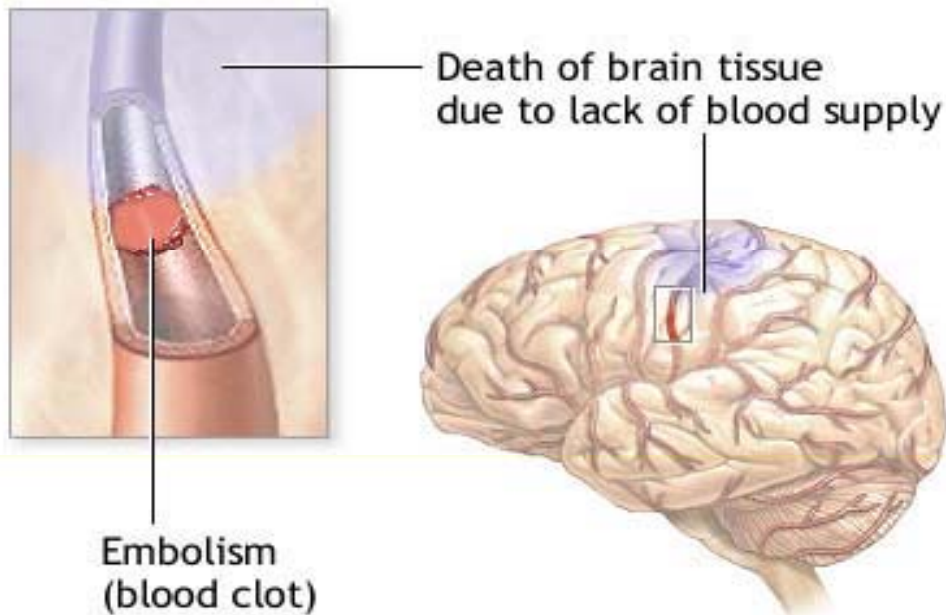
- Don't drive while sleepy or under the influence of drugs or alcohol
- Use your seat belt
- Keep your speed down
- Use safety gear during sports activities

## 4. Stroke

- A “brain attack”
- Person may suffer little or no brain damage and disability
- Leading cause: high blood pressure
- Risk factors”:
  - Family History
  - African Americans

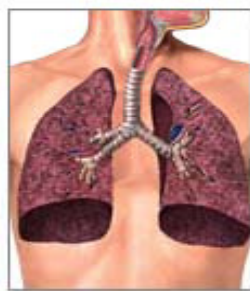
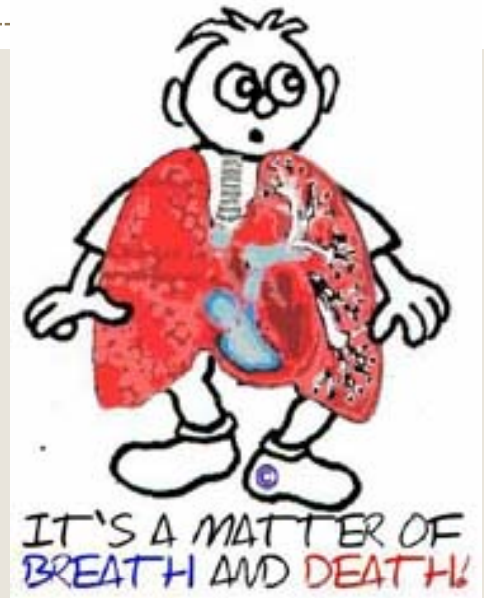
### Reducing the Risk:

- Lower your intake of cholesterol & saturated fats
- Don't smoke
- If you have diabetes, follow your doctor's instructions for eating, exercising, & taking insulin
- Maintain a healthy weight by exercising & eating right

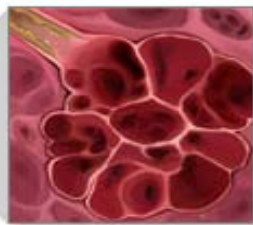


# 5. Chronic Obstructive Pulmonary Disease (COPD)

- Lung disease in which the lungs are damaged, making it hard to breathe
- COPD includes: Emphysema & Chronic Bronchitis
- Emphysema & chronic bronchitis are strongly associated with lung cancer.
- If you smoke you are 12 times as likely to die of COPD



Enlarged view of air sacs (alveoli)



Emphysema: weakened and collapsed air sacs with excess mucus



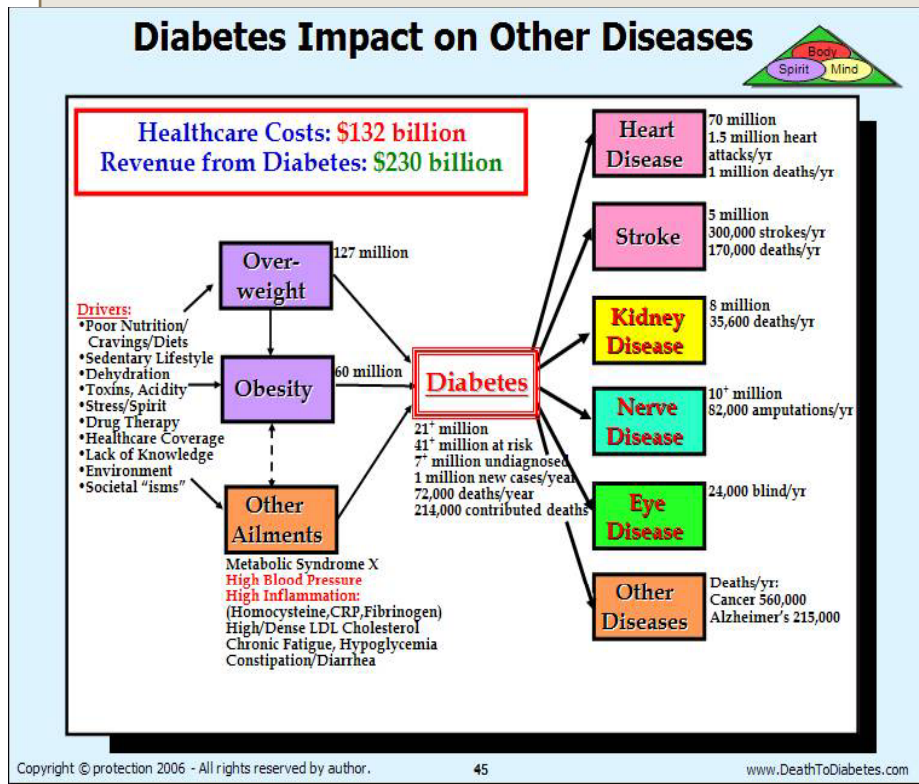
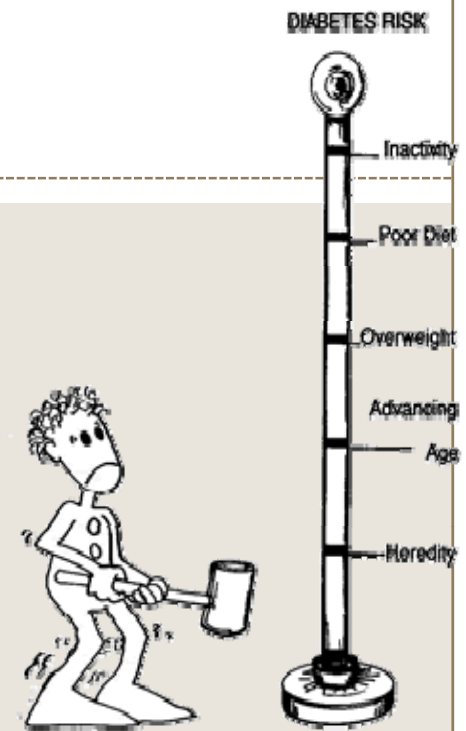
Normal healthy air sacs

## Reducing the Risk:

- Don't smoke
- Avoid secondhand smoke
- Minimize exposure to workplace chemicals (lead & organic solvents)

# 6. Diabetes

- Condition in which the pancreas can't make enough insulin or the body can't use the insulin properly.
- Insulin is important because it helps get glucose into our cells for energy.
- An estimated 1/3 of men with type 2 diabetes don't know they have it.

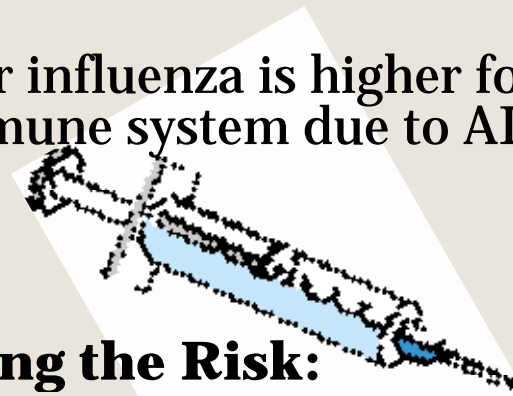
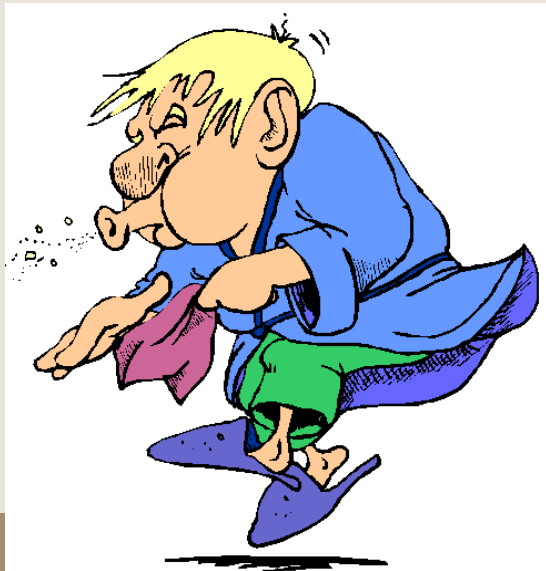


## Reducing the Risk:

- Eat a varied diet rich in fruits, vegetables, whole grains, and low-fat foods
- Get at least 30 minutes of exercise most days of the week
- Get your blood sugar level checked regularly, as advised by your doctor
- Know your family's diabetes history & discuss it with your doctor

# 7. Influenza & Pneumonia

- Pneumonia is a serious infection and/or inflammation of your lungs.
- The air sacs in the lungs fill with pus and other liquid.
- Oxygen has trouble reaching your blood.
- If there is too little oxygen in your blood, your body cells can't work properly and pneumonia can cause death.
- Influenza is a contagious respiratory illness & can cause mild to severe illness, & at times, death.
- The risk of death from pneumonia or influenza is higher for people with heart disease, diabetes, or a weakened immune system due to AIDS



## Reducing the Risk:

- Get immunized
  - A yearly flu shot is up to 90% effective in preventing influenza in healthy adults under the age of 65. the pneumococcal vaccine can reduce the risk of getting pneumonia by more than half.

## 8. Suicide

- Men commit suicide 4 times as often as women.
- Risk factors:
  - Age: suicide in men peaks in the 20s & again in the 60s & 70s
  - Unemployment: suicide rate has been shown to rise & fall with the unemployment rate
  - Social isolation: those who kill themselves often live alone and have little contact with others. They may have been recently widowed or have never married
  - Chronic illness: any chronic illness increase the risk of suicide
  - Certain occupations: people with certain occupations are more likely to die by suicide, for example, farmers

### Prevention:

If you are depressed or having suicidal thoughts, get help from a mental health professional or call 911.

National Suicide Prevention  
Lifeline: Phone – 1-800-273-8255

Internet:

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

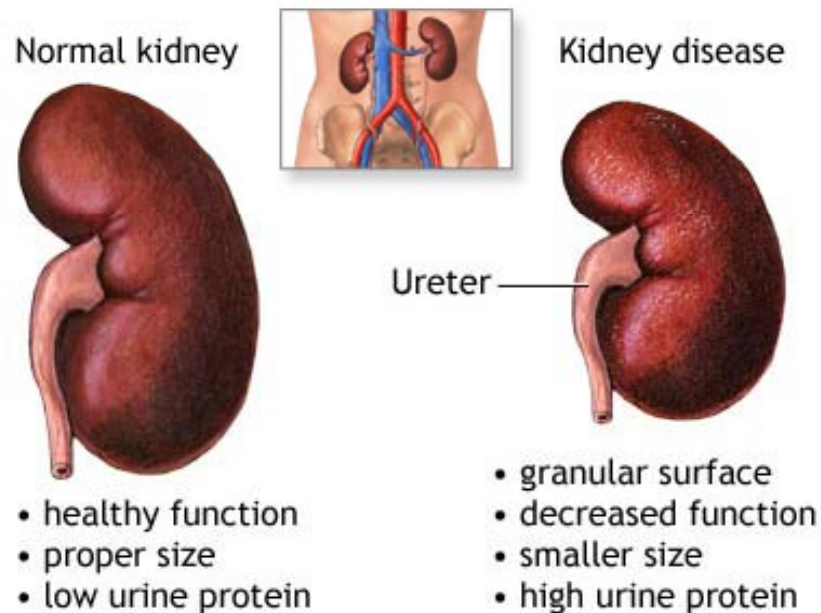


Yellow Ribbon Suicide Prevention Program®



# 9. Kidney Disease

- There are many different kinds of kidney disease.
- A disease of the kidney may be a short-term problem that might cause permanent kidney damage
- More often, disease that affect the kidney are chronic problems
- Risk Factors:
  - Most often is caused by diabetes or high blood pressure
  - Overuse of medications such as aspirin & ibuprofen



## Reducing the Risk:

- Drink plenty of fluids
- Exercise regularly
- Get checked regularly for diabetes & high blood pressure
- Limit your use of over-the-counter pain relievers

## Self Risk Assessment of Renal Disease and Renal Failure

History of kidney disease in your family. YES NO

### Are you suffering from

- (i) Diabetes    
 (ii) Hypertension    
 (iii) Kidney diseases such as  
 Recurrent kidney tract infection,  
 kidney stones, kidney inflammation (nephritis)

### Do you have the following symptoms

- (i) Blood in urine / tea color urine    
 (ii) Frothy urine    
 (iii) Turbid urine    
 (iv) Pain and frequency when passing urine    
 (v) Difficulty / slow in passing urine    
 (vi) Passing gravel or stone with urine    
 (vii) Passing urine at night (very frequent)    
 (viii) Loin / back pain    
 (ix) Swollen ankles or puffy face

If you have answered "YES" to any of the above questions on risk and symptoms which may be due to kidney disease, you should seek advice from your family doctor.

Are  
 your  
 kidneys  
 OK



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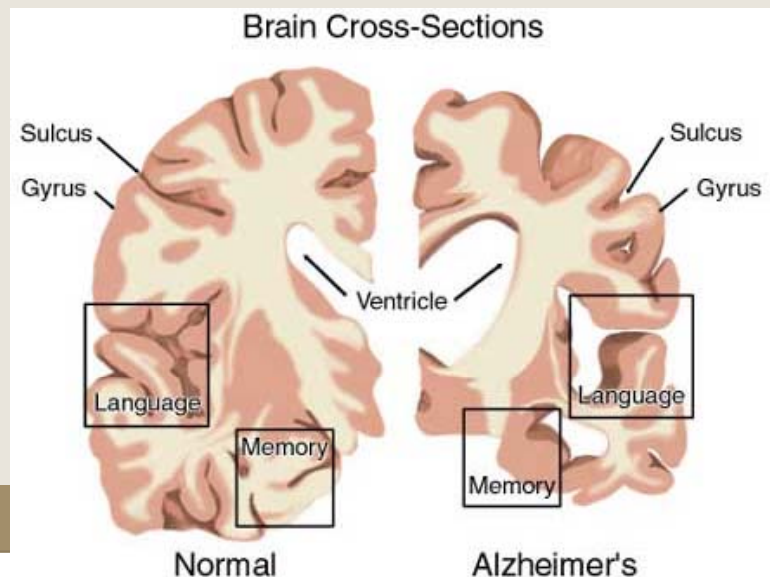
醫院管理局  
 HOSPITAL  
 AUTHORITY

Website : [www.hkkf.org.hk](http://www.hkkf.org.hk)

Hotline : 2716 5773

# 10. Alzheimer's Disease

- Dementia is a brain disorder that seriously affects a person's ability to carry out daily activities
- Most common form of dementia among older people is Alzheimer's Disease
- The disease usually begins after age 65, & risk goes up with age
- Scientists think that as many as 4.9 million Americans age 65 and older suffer from Alzheimer's Disease



**Alzheimer's Disease has no known cure, & the secrets to preventing it are not yet known**  
**For some people in the early or middle stages, medication may slow down the symptoms**