

Men's Health



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CENTRAL MAINE MEDICAL CENTER
FAMILY MEDICINE RESIDENCY

ADD CC LOGO

Agenda



- This resource is an overview of Men's Health issues, including:
 - Exercise and Fitness
 - Nutrition
 - Diabetes
 - Cardiovascular Health
 - Prostate Health
 - Fatherhood
 - Smoking

Introduction



- Fewer men than women have healthcare coverage
- Men tend to work in more dangerous occupations
- Society tends to encourage risky behaviors in men and boys
- Men seek less preventative visits
- Men have a shorter life expectancy than women

Men's Mortality



- Leading Causes of Death in Men:
 1. Heart disease
 2. Cancer
 3. Chronic lower respiratory disease
 4. Cerebrovascular Respiratory Disease (Stroke)
 5. Diabetes

Exercise and Fitness



- Lack of fitness kills more men than smoking, diabetes, and obesity combined
- 30 minutes of exercise a day = 2 hours longer life
- Walking to work is an easy way to get daily exercise
- Simple exercises like push ups and jumping jacks are an easy way to stay fit



Nutrition



- A diet rich in fruits, vegetables, and grains is the healthiest diet
- Vegetarian men live 9.5 years longer
- Focus on an abundance of healthy options
- Avoid processed foods and foods high in fat or sugar



Diabetes



Diabetes is when your body has a problem processing sugars

Diabetes can be caused by:

- Being overweight
- Lack of exercise
- Poor nutrition

Having diabetes can lead to:

- High blood pressure
- Tingling hands and feet
- Impotence/Erectile dysfunction
- Vision loss
- Kidney problems -> Dialysis

Cardiovascular Health



Poor cardiovascular health can lead to:

- High Blood Pressure
- High Cholesterol
- Stroke
- Heart Attack



You can maintain cardiovascular health by:

- Exercise
- Healthy Eating
- Reducing Stress



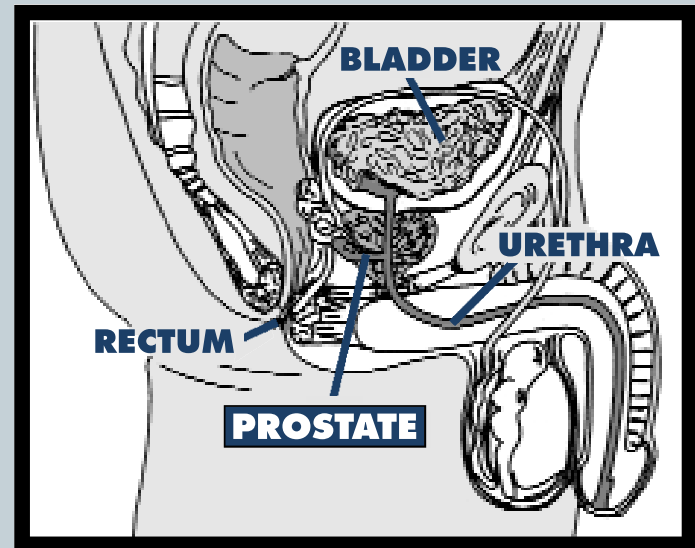
Prostate Health



- The prostate's most important function is the production of a fluid that, together with sperm cells, makes up semen which is necessary for reproduction.

If you experience these symptoms, it is important to see your doctor:

- Difficulty urinating
- Frequent urination
- Blood
- Pain
- Sexual difficulties



Fatherhood



It is important to be engaged in your child's development early to have a healthy child.

- Engage your child by:
 - Reading
 - Talking
 - Cuddling
 - Showing your baby the world
- Communicate with your partner and support each other
- Your Family Doctor is there to support you too!

Smoking



- Smoking causes more deaths than:
 - Alcohol
 - Cocaine
 - Heroin
 - AIDS
 - Murder
 - Car accidents
- One pack per day
 - \$8 per day for 30 years
equals \$300,000.00
- There are many resources available to help you quit

Hookah



- One hour of smoking hookah = 10 cigarettes
- Smoking hookah can cause:
 - Lung cancer
 - Mouth cancer
 - Weakness/shortness of breath
 - Decreased fertility
 - Babies and children can become sick

Wrap-Up



**Remember, you are responsible and
in charge of your health!**

Wrap-Up



- **ADD LOGOS**

Please contact the Catholic Charities Health Care Navigator at 207-514-1463 or 207-650-6864 for questions!

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