

# Health Awareness

A County Health Pool Publication



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## Men's Health Week

**D**id you know the week prior to Father's Day is Men's Health Week? In fact, for the entire month of June all over the world we celebrate Men's Health Month. This important family-focused cause is led by a Congressional health education program promoting knowledge and awareness including prevention of health problems, and early detection and treatment of disease in men and boys. Across the US and globally, June brings a plethora of health fairs and screenings dedicated to the wellness of men. If you really think about it, we don't often spend time learning or discussing men's health specifically.

### 10 Interesting Facts Relative to Gender

**Fact #1:** Men don't go to the doctor as much as their female counterparts. In fact, according to the Center for Disease Control and Prevention (CDC), women are 100% more likely to visit the doctor for annual exams and preventive services than men.

**Fact #2:** Depression in men often goes undiagnosed. And depression is undeniably linked to suicide. Did you know that among 15- to 19-year-olds, boys are four times as likely as girls to commit suicide? This unfortunate trend continues with age. Twenty- to



24-year-old males are six times as likely to commit suicide as females. The suicide rate for seniors age 65 and over is 28.5% for men compared to 3.9% for women.

**Fact #3:** Men are the victims of over 92% workplace deaths.

**Fact #4:** Men die at higher rates than women from the top ten causes of death. In 1920, women's life spans surpassed men's life spans by one year. Today, men die an average of six years earlier than women.

**Fact #5:** The male fetus is at greater risk of miscarriage and stillbirth. One hundred fifteen males are conceived for every one hundred females. Twenty-five percent more newborn males die than females.

**Fact #6:** Men suffer hearing loss at twice the rate of women.

**Fact #7:** Testosterone is connected to spikes in LDL (bad cholesterol) and declining levels of HDL (good cholesterol).

**Fact #8:** Three out of five AIDS victims are males.

**Fact #9:** Men are armed with fewer infection-fighting T-cells and thus are thought to have weaker immune systems than women.

**Fact #10:** African American men have a higher chance of being victims of homicide. The number is one in thirty for black males versus one in one hundred thirty-two for black females. Among whites, the number is one in one hundred seventy-nine for men and one in four hundred ninety-five for women.

### Men's Health and Age Related Testing

Staying on top of preventive care and health care screenings can add years on to your life. These screenings can likely detect the onset of a disease before it is too late.

*(Over)*

## Men's Health Week (Continued)

Current recommended screenings for men set forth by MensHealthMonth.Org:

- Abdominal Aortic Aneurysm (age 65 to 75 with a history of smoking)
- Colorectal Cancer (starting at age 50) – If you have a family history of colorectal cancer, you may need to start screenings before age 50.
- Depression – all ages. If you have felt sad, hopeless, disinterested, etc., for weeks at a time, you may be suffering from depression. Please talk to your doctor about options.
- Diabetes – If your blood pressure is higher than 135/80 or if you take high blood pressure medication.
- High Blood Pressure (starting at age 18) – Check this every two years. High blood pressure is 140/90 or higher.
- High Cholesterol (age 35 and older) – Check as early as age 20 if:
  - You use tobacco.
  - You are obese.
  - You have diabetes or high blood

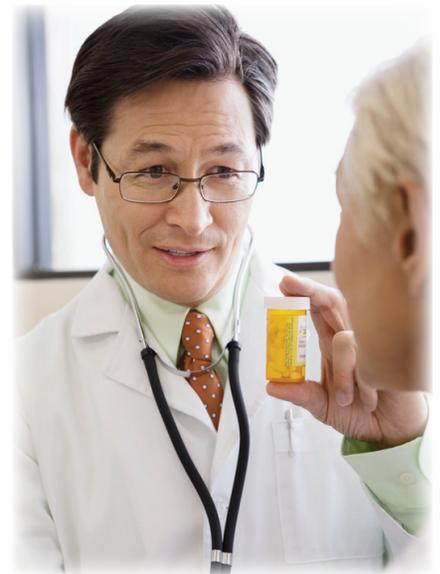
pressure.

- You have a personal history of heart disease or blocked arteries.
- A man in your family had a heart attack before age 50, or a woman, before age 60.
- HIV(at any age) – If you answer “yes” to any of the list below, please ask your doctor about an HIV screening:
  - You have had unprotected sex with multiple partners or have a partner who has
  - You have sex with men.
  - You use or have used non prescribed/illegal injection drugs or have a partner who has.
  - You have or had a sex partner who is HIV-infected
  - You are being treated for a sexually transmitted disease.
  - You had a blood transfusion between 1978 and 1985.
- Overweight and Obesity (any age) – Find out your body mass index (BMI) by using the BMI calculator at <http://www.nhlbisupport.com/bmi/>. A healthy BMI falls between 18.5 and 25.

A BMI of 30+ may be considered obese. If you are overweight or obese, please talk to your doctor about counseling and behavior modification to lose weight. Obesity is a precursor to more serious health issues such as diabetes and heart disease.

A man's health is no different than any other family member's. The benefits of maintaining proper health far exceed the inconvenience of health screening especially considering the devastating effects to the individual and family when neglect leads to poor or untreatable health conditions.

Source: <http://www.menshealthmonth.org/week/index.html>



## Benefits Corner

### Reminders

To find out what preventative benefits are covered under your CHP plan, please visit our website at [www.ctsi.org](http://www.ctsi.org) for the CHP Benefit Summaries and Plan Documents or you may contact your CHP Benefits Administrator at 303-861-0507 or Anthem Customer Service at 1-866-698-0087.