To: Local News Media

From: Central Michigan District Health Department

RE: National Men’s Health Week

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National Men’s Health Week is June 10-16, 2013. “The purpose of Men’s Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys,” according to the Men’s Health Month website at www.menshealthmonth.org. Many men are reluctant to go to a doctor. “A lot of the male clients I see don’t see a primary care physician,” states Dan Lowery, Health Educator for the Central Michigan District Health Department. Females tend to be more proactive in scheduling checkups while males seem to face several self-imposed hurdles. Some men may not visit a doctor’s office because they believe they would know if something is wrong with them and they feel fine. Still others might feel that it’s okay to put it off until next year and this cycle repeats itself for a long time. According to a recent Men’s Health and CNN survey, one-third of American men haven’t had a checkup in the past year. Guys, it is time to get serious about your health.

The Movember website for the United States (which indicates and encourages men to grow a mustache in November to call attention to men’s health issues) state facts to know include:

- The average life expectancy for men is five years fewer than women (presently 77 years old compared to 82).
- 1 in 2 men, and 1 in 3 women, will be diagnosed with cancer in their lifetime.
- Evidence suggests that about a third of the 571,950 cancer deaths expected to occur this year will be related to obesity, physical inactivity and poor nutrition, and thus could be prevented.
- 1 in 6 men will be diagnosed with prostate cancer in his lifetime.
- Testicular cancer is the most common cancer in American males between the ages of 15 and 35.
- 6 million people die every year from tobacco use and exposure to tobacco smoke. One person dies every six seconds.
- 1 in every 13 men will develop lung cancer.
While not as common, men can get breast cancer.

More than 3.5 million cases of skin cancer are diagnosed each year in the US.

In 2012, an estimated 13 million or 11.8% of all adult men over the age of 20 in the United States have diabetes.

Approximately 76.4 million men and women in the United States have high blood pressure - 1 in 5 does not know it.

About 1 in 3 adults has high blood pressure, and blood pressure tends to rise with age.

Researchers estimate that at least 6 million men in the United States suffer from a depressive disorder every year.

Four times as many men commit suicide compared with women.

24% of men are less likely to go to the doctor compared to women.

For additional information visit the website at http://us.movember.com/mens-health

“Prevention plays a major role in health,” Lowery claims. “Regular checkups are necessary. Early detection can result in effective treatment.” Medline Plus relays the following information on when men should be seeing their doctor and what tests to have done. Males should be getting a checkup every 2 years until age 50 and then every year. Men over 34 should have their cholesterol checked every 5 years. Men over 40 should have their blood pressure checked at least every two years or every year if it is not under 120/80. Those 50-75 should have a colorectal cancer screening. Most men over 50 should have prostate cancer screen and African-American-men should at 45.

Now is the time to take notice and take charge of your health. Your health and life depends on it. Use National Men’s Health Week, June 10-16, to make a positive change. Make an appointment with a provider to begin having annual checkups and encourage your family members, friends, teammates, and co-workers to do the same.

If you would like an opportunity to get involved to improve access to health services for both men and women, consider joining Together We Can. Together We Can is a community project aimed at improving health status in the central Michigan counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. For more information, LIKE Together We Can Health Improvement Council on Facebook, visit our website at www.together-we-can.org or email us at TogetherWeCan@cmdhd.org.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at www.cmdhd.org and LIKE Central Michigan District Health Department on Facebook.

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