

# WellnessWatch



Welcome to **WellnessWatch** -- The Starr Group's monthly digest featuring articles to keep **YOU** current with latest **#health** and **#wellness** trends and fitness buzz. *Be well!*



## Topic of the Month: **Men's Health**

From an early age, boys are taught to be tough about their injuries. They're told to "suck it up" and "walk it off", usually from adult male figures in their lives. They are rarely taught to recognize when -- and how -- to ask for the help they may need to regain and maintain healthy bodies and minds.

Adding to this mindset -- which follows them the rest of their lives -- are poor health and nutrition habits. When high school and college athletes graduate to the workforce, very few continue with the same level of activity, yet most continue to eat like they're still on the team. As they age, this behavior sets them up for a myriad of health problems associated with weight gain: joint pain, diabetes and cardiopulmonary disease to name a few. Recent studies also reveal a correlation between sedentary lifestyles and depression.

We want to change the prevailing mindset about health and wellness among men. Since June is Men's Health Month, here's a brief look at some facts, and controllable factors to improving the health of the men you know. Feel free to share this information with husband, father and sons, and even friends, neighbors and coworkers.



Did you know?



- Approximately **30,000** men in the United States die each year from prostate cancer.<sup>1</sup>

- 60% of men are more likely to suffer from depression from a sedentary lifestyle than those who are active.<sup>1</sup>
- Only 30% of Men's health issues is controlled by genetics. The other **70%** can be controlled by lifestyle.
- 25% of men who climb 50 stairs (or approximately 4 flights) or walk 5 city blocks (or approximately 1/2 mile) each day lower their risk of heart attack by 25%.
- Spending Healthcare initiatives are disproportionate between genders. At the federal level, The National Cancer Institute spends \$500 million per year on breast cancer research and throws \$177 million at uterine, ovarian, and cervical cancer. The budget for fighting prostate cancer, the third leading cause of cancer death in the U.S. (which may account for as many deaths per year as breast cancer), is only **\$250 million**. Similar disparities exist within the National Institutes of Health. \$700 million for breast cancer; \$250 million for prostate cancer.<sup>2</sup>





## **Use it or Lose it!**

We get it. Working 8+ hours a day can be both physically and mentally exhausting. It's easy to slide into the habit of relaxing on the couch with a bag of chips and binge-watching "American Ninja Warrior". There are real consequences to this repeated behavior. There are so many excuses we concoct for not altering destructive habits. However, there are also simple steps you can take NOW to get back in the game. Read on!

### **THE CONSEQUENCES: The top ten leading causes of death for men in the United States<sub>3</sub>**

- Heart Disease
- Malignant Neoplasms (cancers)
- Chronic Lower Respiratory Disease
- Diabetes
- Alzheimer's

- Suicide
- Influenza and Pneumonia
- Kidney Disease
- Chronic Liver Disease and Cirrhosis
- HIV Disease

## **THE EXCUSES: Reasons for higher rate of health related issues for men<sub>4</sub>**

- A higher percentage of men have no healthcare coverage. Reasons cited are unemployment and under-employment.
- As healthcare shifts to a "preventive" model, rather than a "reactive" one, men make ½ as many physician visits for prevention. Reasons cited are time and cost.
- More men are employed in the most dangerous occupations, such as mining, fire-fighting, construction, and fishing.
- Society historically discourages healthy behaviors in men and boys. Feeling physically sore or ill are often mistaken as being "weak". Talking about emotions that are not considered "happy" can be uncomfortable for men. Men need a confidante with whom to discuss their concerns freely without judgement or ridicule.
- Research on male-specific diseases is underfunded. Men's Health also needs more public awareness so that it becomes the "norm" and promotes a healthier population overall.
- Men may have less healthy lifestyles including risk-taking at younger ages. Poor health in older men can often be traced to poor nutrition as they were developing or injuries that occurred that weren't properly cared for.

## **SOLUTIONS: Things you can start now<sub>5</sub>**

- Schedule your next Physical NOW. Men should get a "base-line" physical at the age of 20. After that, Physicals are recommended every 2 years, as well as blood pressure checks and eye exams; and a dental visit every year. At the age of 34, men should have an EKG every 3 years, and their Cholesterol checked every 5 years. At the age of 50, men should have their prostate checked every year; exams for Diabetes, Colorectal issues and Hearing should be conducted every 3 years; and a Colonoscopy every 10 years or as directed by your physician.
- Lose the gut issues with conscious Nutrition.
- Make Fitness and Activity a Priority. You don't have to go to a gym when a scheduled 30-minute brisk walk through the neighborhood will work. Oh, and yard work counts, too!
- Manage your Stress. That aforementioned walk around the block will do wonders for your blood pressure as well as the clutter of the day still swirling around in your mind.



READ MORE

Check out the links below for more ideas and resources!

1. **Mens Health Statistics** <https://www.statista.com/topics/3486/men-s-health-in-the-us/>
2. **Fatherly.com** <https://www.fatherly.com/health-science/men-die-younger-government-funding-womens-healthcare/>

### 3. Leading Causes of Death for Men

<https://www.menshealthnetwork.org/library/causesofdeath.pdf>

### 4. Why Men are at High Risk

<https://www.menshealthnetwork.org/library/silenthealthcrisis.pdf>

### 5. Simple Health Tips for Men <https://www.sunlighten.com/blog/mens-health-month-series-1-simple-healthy-tips-for-men/>

### 6. June is Men's Health Month <https://health.gov/news-archive/blog-bayw/2018/06/june-is-mens-health-month/index.html#:~:text=June%20is%20Men's%20Health%20Month.>

### 7. Importance of Nutrition for Men <https://www.consumerhealthdigest.com/mens-health/men-nutrition.html>

### 8. Guys' Guide to Doctor Visits <https://bit.ly/2AONWhb>



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