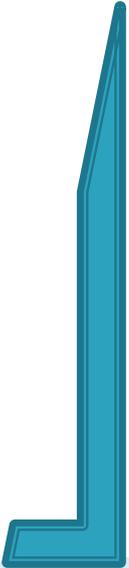


Men's Health Information



By: Peter Zavitsanos

Disclaimer

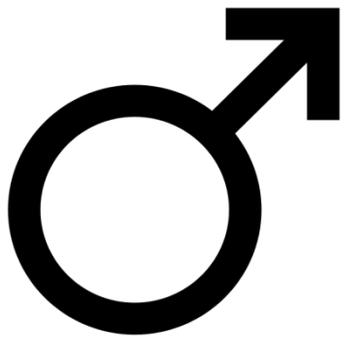
- The information presented to you today is to increase your awareness of men's health issues.
 - It is not all-inclusive or intended to replace medical advice.
 - If you believe you or someone you support needs assistance, please seek the advice of a physician.
- 



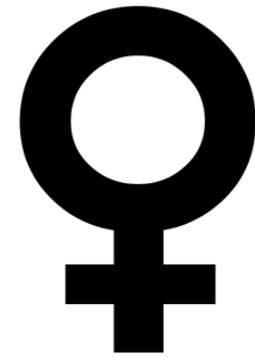
Introduction

- ▶ We will talk about...
 - Why it is important to be healthy inside and out
 - What happens when we get older
 - How to eat right
 - Exercise
 - Healthy relationships
 - Concerns about being a male





Male VS. Female



▶ Hormones

- Male: Testosterone
- Female: Estrogen/Progesterone

▶ Anatomy

- Male: External
- Female: Internal

▶ Responsibilities/Roles in Society?



Is being a man harmful to your health?

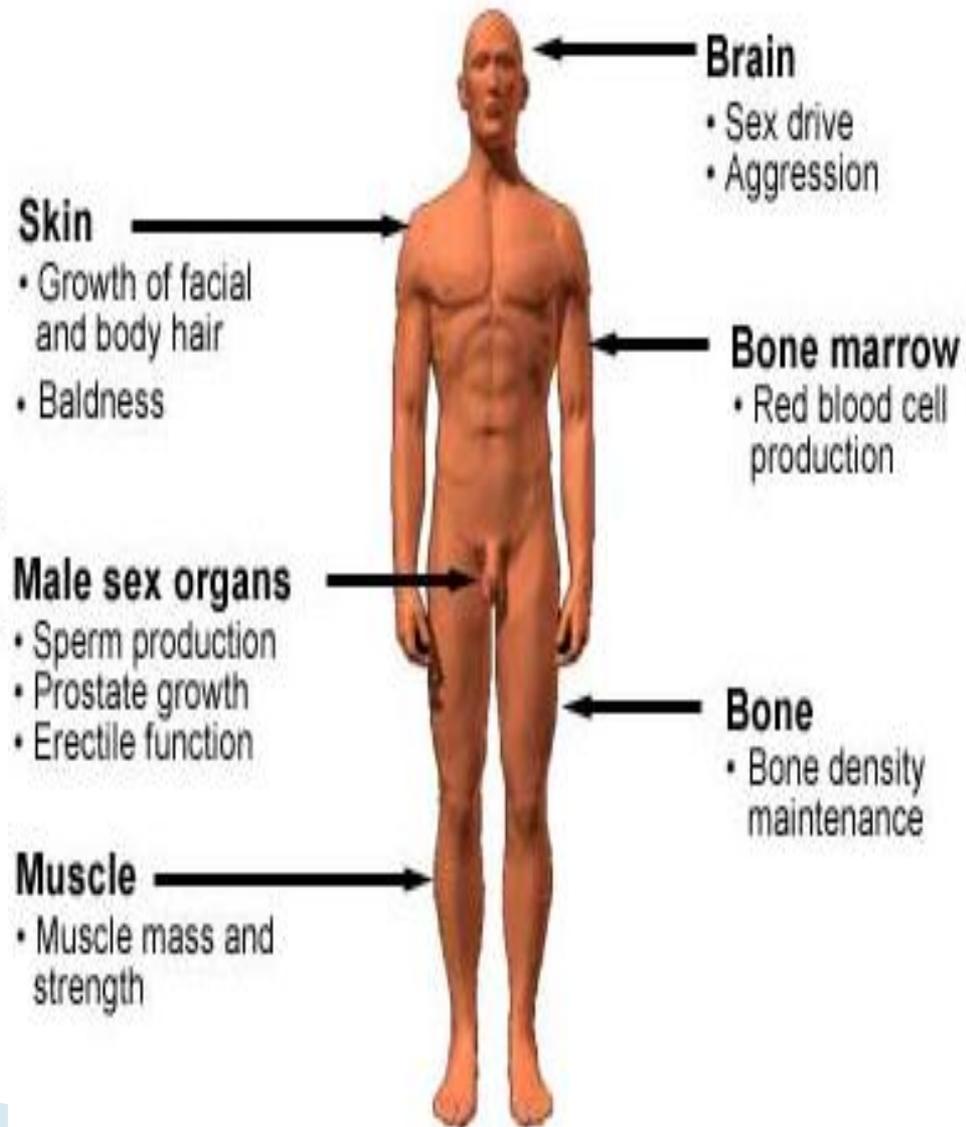
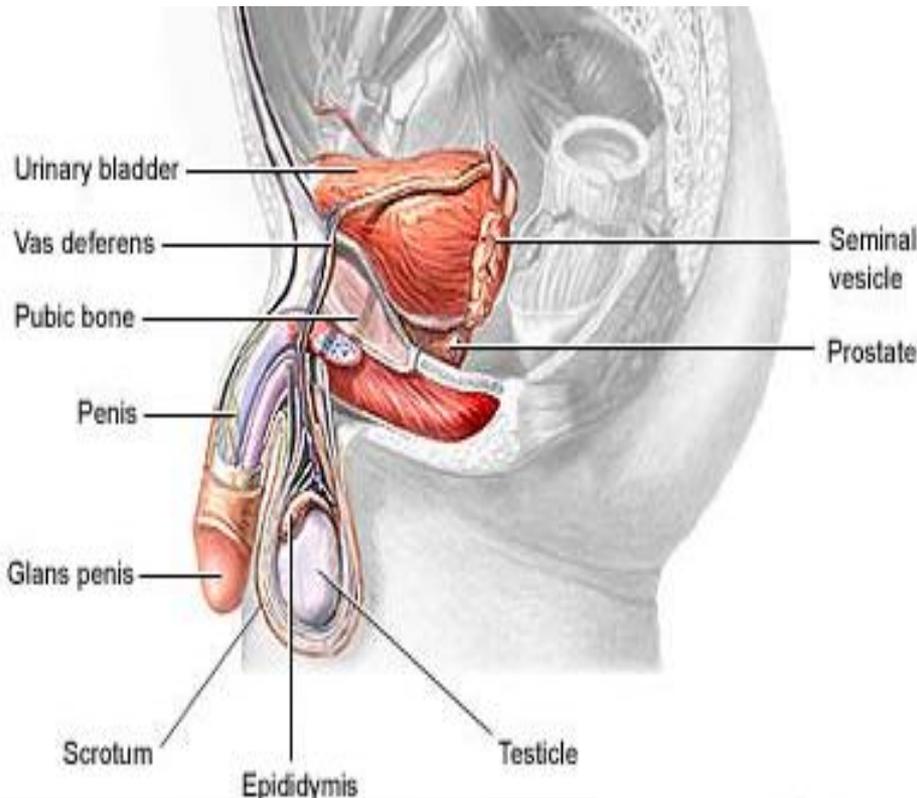
health? **MAN**



- ▶ Women generally outlive men by 10 years.
- ▶ There were more overweight men than women in 2004 (NHANES)
- ▶ Men develop heart disease about 10–15 years earlier than women
- ▶ Women are 100% more likely to visit a doctor for annual health exams or preventative services than men (CDC, 2001)



Basic Male Anatomy

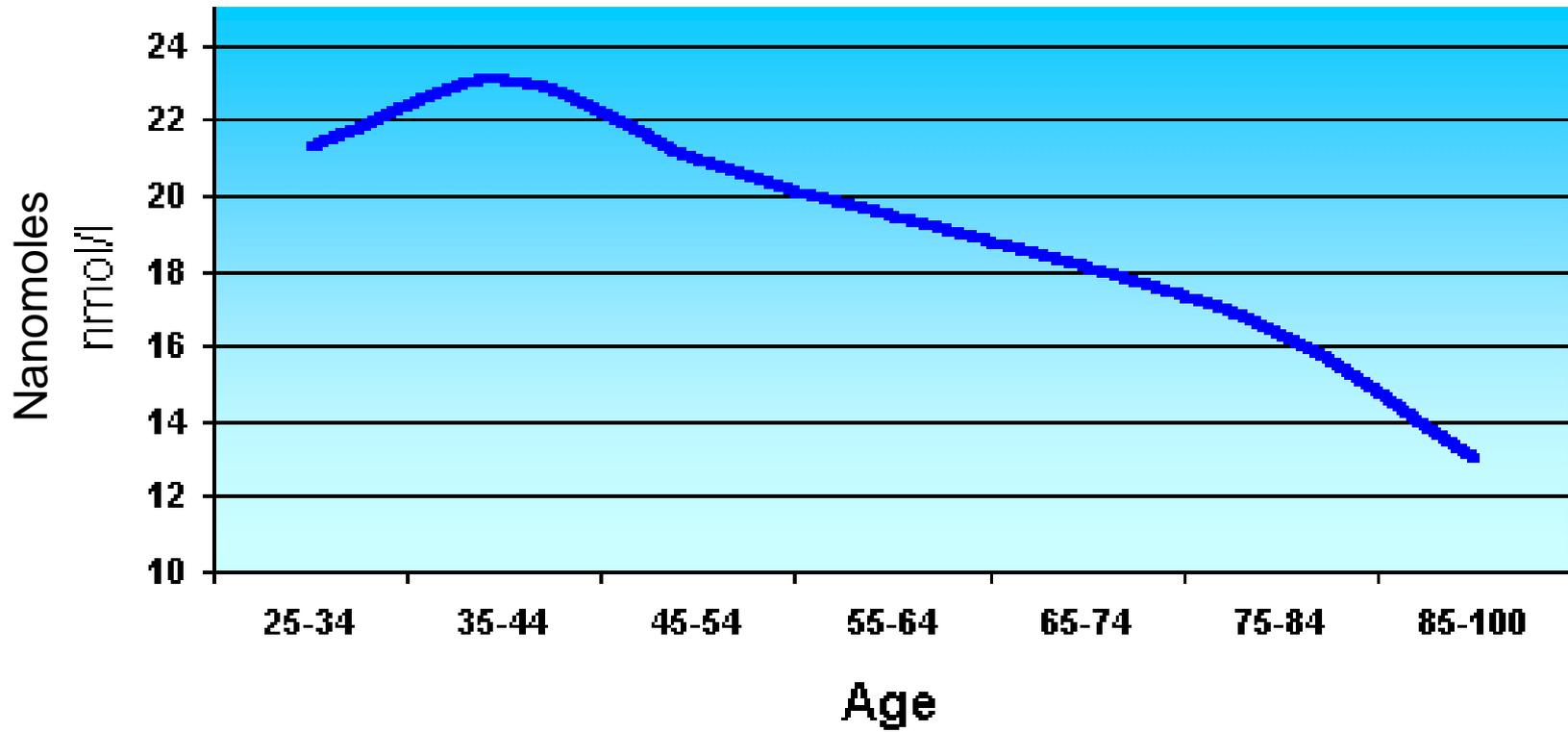


Testosterone

- ▶ **Testosterone** is linked to aggressive behavior, competitive behavior, and risk taking in adolescent and young adult men
- Testosterone increases the level of harmful cholesterol (LDL) in the male body leading to risk of **heart disease** and **stroke** in younger men (25% of all heart-related deaths occur in men ages 35–65)

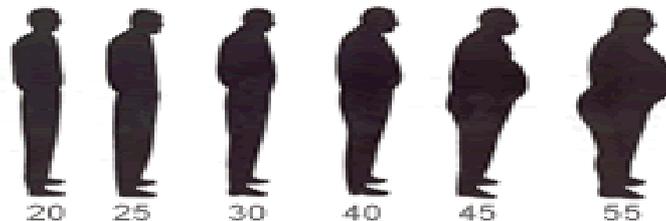


TESTOSTERONE (plasma levels by decade)

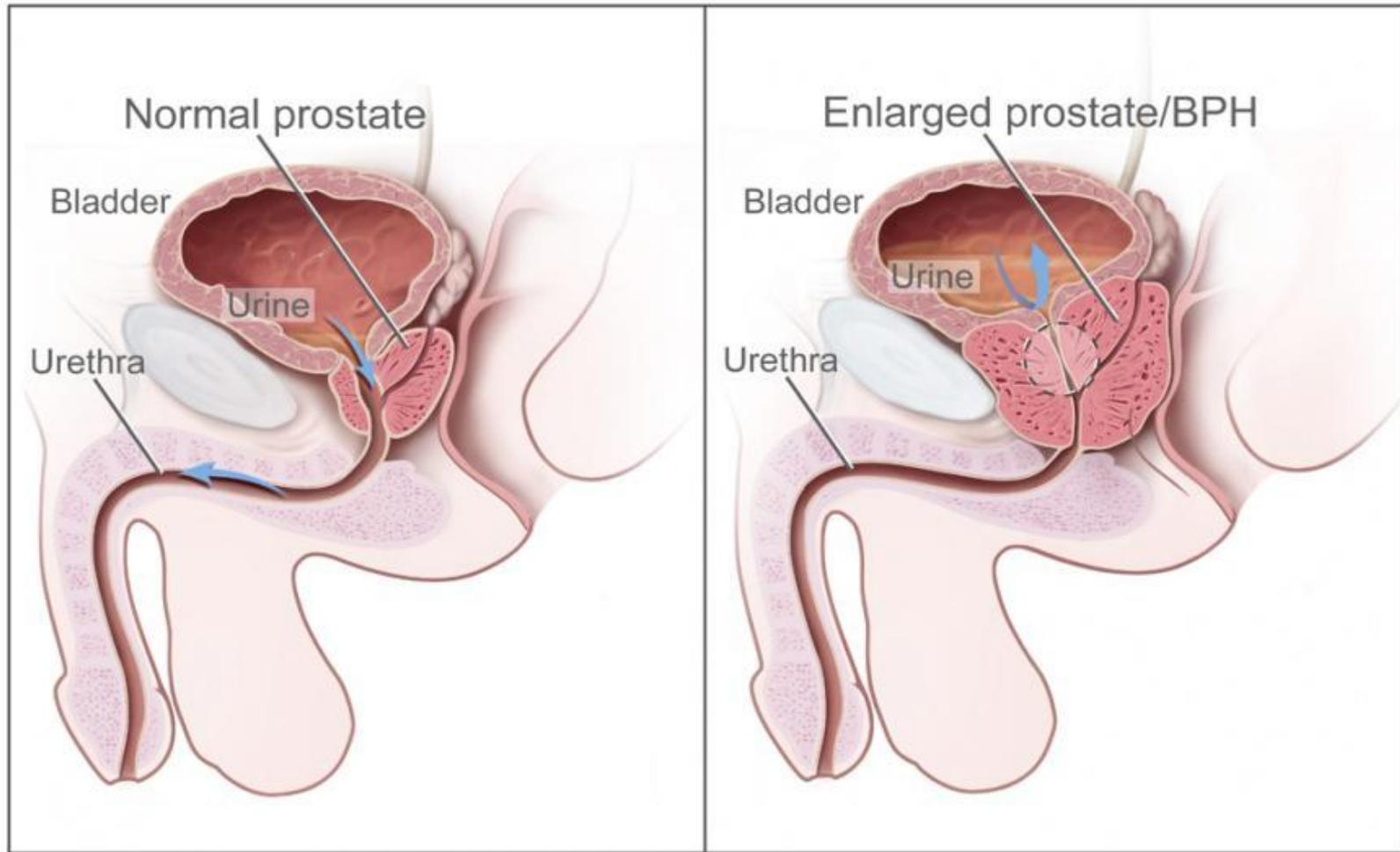


Testosterone Cont'd

- ▶ In the older man, testosterone levels drop (Andropause).
- ▶ Leads to:
 - Sexual dysfunction, fatigue, depression and sleep disturbances.
 - Benign Prostatic Hyperplasia (BPH)
 - Loss of muscle mass and strength
 - Decreased bone mass and **osteoporosis**
 - Increased visceral (belly) fat which greatly increases the risk of **heart disease, metabolic syndrome** and **diabetes**.



Benign Prostatic Hyperplasia



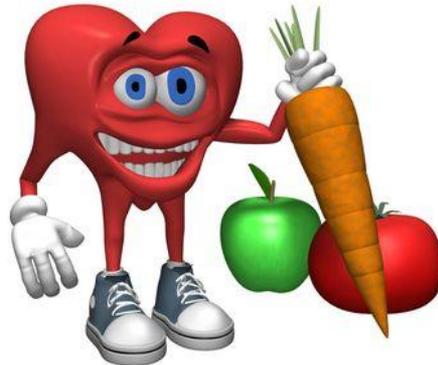
How can we prevent this?

- ▶ Drink **LOTS** of Water
 - 8 Glasses/day



- ▶ Eat healthy foods

- Salad
- Fruit
- Vegetables
- Nuts
- Fish

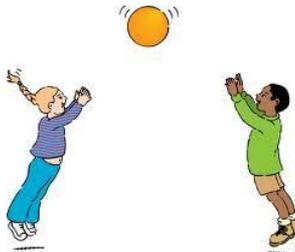


Foods For Men

- ▶ **Oysters** : Antioxidants
- ▶ **Bananas**: Energy + Potassium + Vitamin B6
- ▶ **Fish**: Omega 3 fatty acids
- ▶ **Broccoli**: Vitamin C + Beta Carotene
- ▶ **Nuts**: Magnesium + Selenium (antioxidants for heart disease and cholesterol)
- ▶ **Whole Grains**: Help with digestion and cholesterol
- ▶ **Soybeans**: Reduce risk for Prostate cancer
- ▶ **Berries and Cherries**: Vitamin C and improved brain function.
- ▶ **Red-Orange Vegetables**: Vitamin C and skin health

Staying Healthy

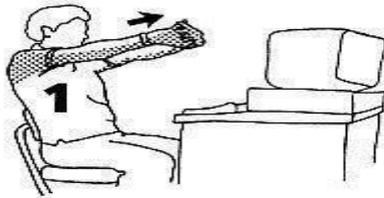
- ▶ Exercise
 - ~30 minutes 3 times every week



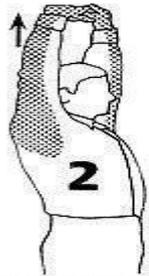
- ▶ Stretch **EVERY DAY**



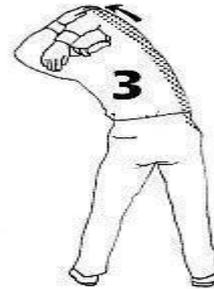
Stretching



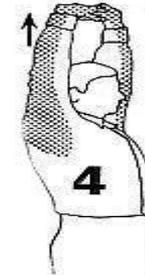
1
10-20 seconds
2 times



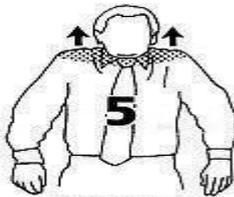
2
10-15 seconds



3
8-10 seconds
each side



4
15-20 seconds



5
3-5 seconds
3 times



6
10-12 seconds
each arm



7
10 seconds



8
10 seconds



9
8-10 seconds
each side



10
8-10 seconds
each side



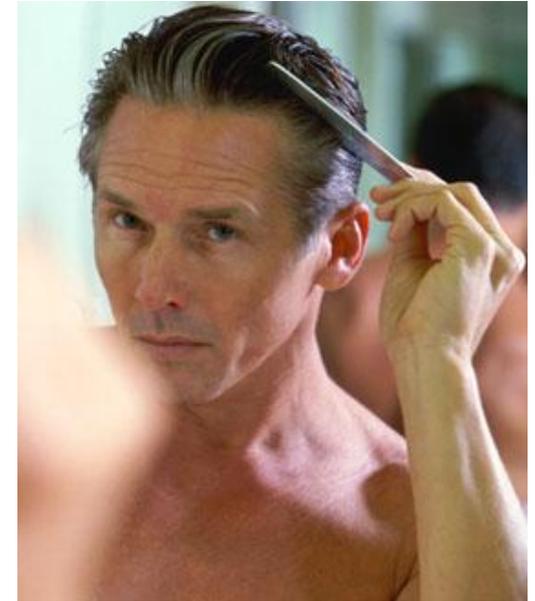
11
10-15 seconds
2 times



12
Shake out hands
8-10 seconds

Staying Healthy Outside

- Wash Hands
- Shave Face
- Brush/Comb Hair
- Brush Teeth
- Neat Appearance
- Use Deodorant



What is sexual health?

- Sexual health: A state of **physical, mental** and **social well-being** in relation to sexuality.
- ▶ It requires **positive** attitudes and **respect** from both individuals.
 - **NO** means **NO** and **STOP** means **STOP**
 - **Good** touch V.S. **Bad** touch



Healthy Relationships

- ▶ It is good to have friends, both guys and girls. It even helps you to live longer. (SAMHSA, 2011)
- ▶ Does Not have to be a boyfriend/girlfriend
 - Play Games
 - Sit together at lunch
 - Tell stories
 - Talk about favorite things (color, activity, food, movie)
 - Take a walk
- ▶ If you don't know someone here, introduce yourself during lunch and make a new friend!



Let's Practice

- ▶ Please introduce yourself to someone else by shaking their hand.





In Conclusion...



▶ Everyone gets older and our bodies change...
This **DOES NOT** mean that we can't stay healthy as men!



- Exercise
- Stretch
- Eat fruits/vegetables and drink lots of water
- Talk to family/friends/caregivers/doctors about problems
- Make friends
- Take care of your body inside and out



References

- ▶ <http://www.whatadifference.samhsa.gov/>
 - ▶ <http://www.menshealthinfo.org>
 - ▶ <http://www.webmd.com>
- 