Men’s Health

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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
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

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

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