Instructions for Assembling a Healthy Body

Men’s Edition

This Pamphlet Contains Important Instructions, Tools, Tips and Troubleshooting for:

- Prostate Cancer
- Skin Health
- Healthy Weight
- Sexual Health
- Urinary Health

Brought to You by:

GRiffin Hospital
griffinhealth.org

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HiM (The Health Initiative for Men)
www.griffinhealth.org/him
IMPORTANT! Please Read Before Building a Healthy Body

Prostate Health

- 1 in 6 men in the US will be diagnosed with prostate cancer and 1 in 36 will die from prostate cancer. After lung cancer, prostate cancer is the leading cause of cancer-related deaths among men. A non-smoking man is more likely to get prostate cancer than lung, bronchus, colon, rectal, bladder, lymphoma, melanoma, oral and kidney cancers combined.

- African-American men are 65% more likely to be diagnosed with prostate cancer than Caucasian-Americans and are more than twice as likely to die from it.

- Early prostate cancer usually has no symptoms and is most commonly detected through prostate cancer screening tests such as the PSA blood test and digital rectal exam.

- Prostate cancer can be eliminated from the body by surgery or radiation—if diagnosed at an early stage. However, every year, 70,000 men require additional treatment due to a recurrence of prostate cancer.

- The chance of having prostate cancer increases rapidly after age 50. More than 70% of all prostate cancers are diagnosed in men over 65. It is unclear why age affects prostate cancer.

- The only well-established risk factors for prostate cancer are age, ethnicity and family history of the disease; however, high dietary fat intake may also be significant risk factor. A recent study shows that the risk of dying from prostate cancer increases with body weight.

Skin Health

- Melanoma is expected to be diagnosed in at least 68,270 individuals this year (39,080 males and 29,640 females) and 8,650 deaths are expected to occur from melanoma. White men between the ages of 45 and 54 are at the highest risk for melanoma, but females between ages 15 and 29 are at increasing risk likely due to tanning bed use—warn your family not to use tanning bed devices.

Healthy Weight

- By 2030, the demand for primary total hip arthroplasties is estimated to grow by 174% to 572,000 annually. The demand for primary total knee arthroplasties is projected to grow by 673% to 3.48 million annually. This increase is linked with obesity. The amount of force across the knee joint is greater than 5 times your body weight on stairs. If you lose 20 lbs., that decreases 100 lbs. of force through the knee joint with every step.

- While pre-diabetes increases your chances of full-blown diabetes, the process can be reversed. Taking steps to control your blood sugar—such as improving your diet and exercising more often—can dramatically cut your risk of developing diabetes.

Sexual Health

- Erectile dysfunction may be a powerful predictor of cardiovascular morbidity and mortality and in one recently published study, those with ED were twice as likely to have coronary artery disease as those without. Erectile dysfunction is considered an independent risk factor for coronary artery disease and risk is even greater in diabetics. Half of men who die from a heart attack have no previous symptoms.

- Diabetes, hypertension and obesity are all linked to erectile dysfunction as well as prostatic enlargement.

- Low testosterone is not a normal part of aging in fact for men over 40 having low testosterone increased mortality by 15% over a 5 year period. Replacement of testosterone increases muscle mass which can reduce the risk for diabetes and metabolic syndrome. Low testosterone is linked to central obesity, hypertension, dyslipidemia and type 2 diabetes all major causes of cardiovascular disease.

Urinary Health

- 85% of kidney stones are made of calcium oxalate, which can be prevented with diet modification.

- Walking greater than 2 hours a week can reduce the chance of enlarged prostate. A BMI (Body Mass Index) over 35 puts you at 3x the risk of developing an enlarged prostate with symptoms

- Sales for adult diapers now exceeds that of baby diapers, much of the incontinence is treatable.