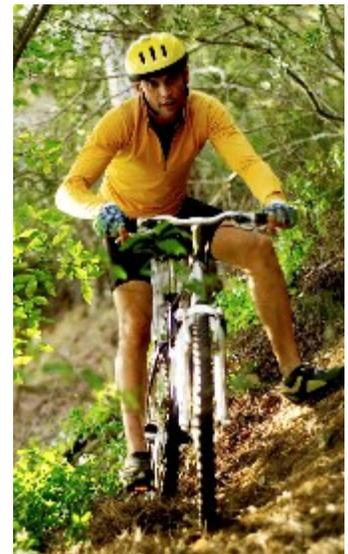


Introduction

Tips for Staying Well

1. Get an annual physical.
2. Have your prostate checked annually after age 40.
3. If you are 50, you should get screened for colorectal cancer (one of the top three types in men) every two years.
4. Stop smoking and/or chewing tobacco or snuff.
5. Avoid excessive alcohol consumption, and do not drink and drive.
6. Maintain a healthy body weight.
7. Exercise regularly.
8. Eat a diet rich in fruits, vegetables, lean meats, fish, and whole grains.
9. Drink 6 - 8 glasses of water daily.
10. Maintain a positive outlook and learn techniques to manage stress.

While all of us encounter health problems in life, some distinct differences exist between men and women regarding the types of problems each gender experiences. One of them is that men have a tendency to ignore symptoms and put off going to the doctor, whereas women are more likely to keep regular physician visits. It is always important to take a proactive approach and try to prevent problems from happening in the first place rather than being careless or avoidant and then rely on aggressive, invasive measures to fix something major later on. This training will examine some of the most common and most serious health problems that men face (some of which are unique to men; others are not), how those problems are typically treated, and what can be done to prevent them in the first place.



Statistics

Currently in America, women are expected to live approximately five years longer than men.

According to the Centers for Disease Control and Prevention, the top 10 causes of death for men in 2010, in order, were: heart disease, cancer, unintentional injuries, chronic lower respiratory diseases, stroke, diabetes, suicide, Alzheimer's Disease, kidney disease, and influenza and pneumonia. These statistics are for men of all races in the US and are similar to statistics for white males. For Hispanic males, the top five causes were: cancer, heart disease, accidents, stroke, and diabetes; and for black males: heart disease, cancer, accidents, stroke, and homicide.

The most common cancers among men are prostate, lung, and colorectal.



Men are twice as likely to die from accidents as women, and approximately 1.5 times more likely to die from cancer or heart disease. Although women report attempting suicide three times as often as men, more than four times as many men are successful. Five times as many men drink alcohol at least once a week as do women (nine out of ten drunk driving arrests are males), one out of four men uses smokeless tobacco, and as of 2011, smoking prevalence among men was 21.6% compared to 16.5% among women. The bad news from all of this (for men, anyway) is that women are generally healthier than men, but the good news is that there is much that men can do about this. The choices we make about our thoughts, emotions, and behaviors have tremendous impact on the quality of life we experience.

Heart Disease

There are many types of heart disease, including congenital heart disease, cardiac arrhythmia, cardiomyopathy, congestive heart failure, heart valve disease, pericarditis, and coronary artery disease (CAD). We'll focus on CAD, since it is the number one cause of death in America.

With CAD, the arteries that carry blood to the heart muscle become hardened and narrowed, reducing the amount of blood flowing to the heart muscle. Sometimes an artery becomes completely blocked, resulting in the death of part of the heart muscle: commonly known as a heart attack. Some men develop symptoms (warning signs) well before an actual heart attack, including chest pain, shortness of breath, fatigue, and fainting/blacking out. Anyone experiencing these symptoms should see your doctor or call 911 immediately.

Risk factors for CAD include: family history, age, sex, diabetes, hypertension, high cholesterol, obesity, sleep apnea, poor diet, smoking, and stress. There is not much that can be done with regard to the first three risk factors, but lifestyle changes can reduce all the others. For people with diabetes, it is essential to control blood sugar levels to avoid further damage to the blood vessels. Smoking is a vasoconstrictor (narrows the blood vessels) and should be stopped. Exercising and losing weight can improve cardiovascular functioning and overall fitness.

Total Cholesterol	< 200
LDL	< 100
HDL	> 60
Triglycerides	< 150

Recommended Cholesterol Levels
Cholesterol is generally thought of in terms of high density lipoprotein (HDL - "good" cholesterol) and low density lipoproteins (LDL - "bad" cholesterol). Unsaturated fat, which is liquid at room temperature and comes from plant sources (think olive oil), builds our HDL levels, while saturated fat (solid at room temperature and comes mainly from animal fat) tends to build our LDL levels (one exception to this is coconut oil). Too much LDL can cause plaque to build up in the arteries, constricting the artery and slowing the flow of blood to the heart. Over time, this buildup can cause the arteries to harden (atherosclerosis), which can lead to heart disease. If the blood supply to part of the heart is completely cut off, it results in a heart attack. High levels of HDL can help remove plaque from the arterial walls and improve circulation.

Another condition that increases the risk of heart disease is high

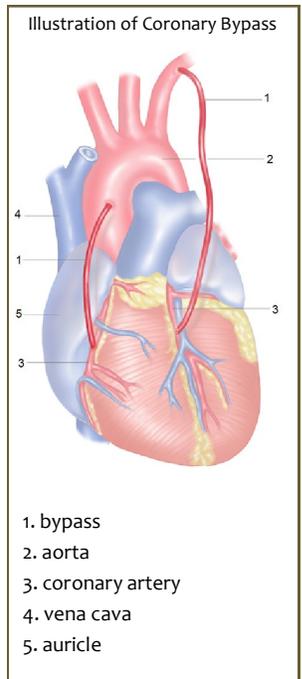
blood pressure, or hypertension. When the heart pumps blood, the pressure of the blood against the walls of the arteries increases (systolic pressure) and when the heart is relaxed, the pressure decreases (diastolic pressure). Blood pressure is shown as systolic/diastolic, and ideally, should be less than 120/80 for most adults. Anything 140/90 or higher is considered high, and when levels are continuously in this range, it is diagnosed as hypertension. Hypertension affects men more than women. Obesity, diabetes, stress, inactivity, chronic alcohol consumption, and poor diet may all increase the risk of hypertension. Salt consumption can be a factor in people who are salt-sensitive.

Getting more exercise and eating a healthy diet are two of the best things you can do to prevent heart disease.

Getting more exercise and eating a healthy diet are two of the best things you can do to raise HDL, lower LDL and triglycerides, and prevent high blood pressure and heart disease. A healthy diet consists of healthy proteins (especially grass-fed beef, free range chicken/turkey, and wild-caught fish), unrefined carbohydrates, and healthy fats and oils (extra virgin olive oil, coconut oil, grapeseed oil). Strive to eat this way 80% of the time. Limiting alcohol consumption may also help prevent heart disease.

Sometimes diet and exercise are not enough, and your doctor may suggest medications to help control blood pressure and/or cholesterol. These may include Beta blockers, ACE inhibitors, angiotensin receptor blockers, calcium channel blockers, diuretics, aspirin, and nitroglycerin.

Sometimes medical management of CAD is not enough, and it may be necessary to try more aggressive treatment, such as angioplasty, stents, or coronary artery bypass graft (CABG - commonly referred to as a heart bypass). With angioplasty, a balloon is inserted into a blocked artery via a catheter and inflated to push the plaque against the artery walls, opening the vessel and improving blood flow. Sometimes a stent is then placed in that spot to keep the blood vessel open. If this is not effective, a bypass can be done. In bypass surgery, a blood vessel is removed or redirected from another part of the body (usually a leg) and grafted to the heart, bypassing the damaged coronary arteries and providing oxygen-rich blood to the heart muscle.



Diabetes

Diabetes Mellitus is a disease in which the body is unable to maintain proper blood sugar levels. This happens when the body fails to produce insulin (Type 1 or Juvenile Diabetes), or the body either doesn't produce enough insulin or the cells have become resistant to insulin (Type 2 Diabetes). Diabetes is a major cause of heart disease and stroke. Juvenile diabetes is a life-long disease for which (as yet) there is no cure. People with Type 1 diabetes require insulin injections. Type 2 diabetes is also known as adult onset diabetes because, generally speaking, people don't get it until later in life. With proper diet and exercise habits, Type 2 diabetes can be managed and even sometimes reversed.

As the food we eat is digested, glucose enters our bloodstream. As blood glucose levels rise, the pancreas releases insulin, making it possible for the glucose to enter the body's cells, which use it for energy. When there is not enough insulin, or the cells have become resistant to insulin, the glucose remains in the bloodstream, blood sugar levels remain high, and cells do not receive fuel. High blood sugar for long periods of time irritates blood vessel walls, which causes inflammation. Eventually circulation becomes compromised, which can lead to hypertension, heart disease, stroke, impaired vision, kidney failure, and other complica-

tions, including diabetic neuropathy and possible lower extremity amputations. The body tries to get rid of the excess sugar through urination, resulting in increased urine output, which causes us to drink more water. Since the body knows this can lead to dehydration, it triggers the thirst mechanism and the person starts drinking more. Because the cells are not getting the energy they need, the body also thinks it's starving, and becomes hungry. These symptoms (increased urination, thirst, and hunger) are classic symptoms of diabetes and should not be ignored, and should prompt a visit to the doctor.

Men who develop Type 2 diabetes often have excessive fat around the waist. This fat is not only outside the abdominal wall, it also infiltrates the organs (viscera) and therefore is called "visceral fat". Although medical science has not discovered exactly how this happens, visceral fat leads to insulin resistance and diabetes. So, losing weight and maintaining ideal body weight are essential, along with maintaining normal blood sugar and insulin levels. Exercising and eating healthier will help. Weight training will build muscle mass and help reduce the waistline. Aerobic exercise improves circulation.

There are different ways to design a diet to control diabetes. A good rule to follow is to

balance your foods so they have a low glycemic load. In this way, you do not have to completely eliminate any food from your diet, but rather balance them so your blood sugar does not spike after meals. All foods fall somewhere on the glycemic index. Low glycemic index foods include most vegetables and 100% whole grains. These take longer to digest, contain more fiber, and cause blood sugar to rise gradually, reducing the workload of the pancreas. High glycemic foods digest quickly and cause a rapid rise in blood sugar. These include: white bread and rice, most cereals, doughnuts, pastries, crackers, sodas, juices, and sports drinks. These should be avoided or consumed in limited quantities along with low glycemic foods such as nuts and healthy oils to help keep the blood sugar from rising too quickly. A man who monitors his blood sugar regularly should see improvement in his readings as he follows a healthier diet and exercises routinely. It is recommended you visit your physician before changing your diet or exercise habits.

Men who are afflicted with Down Syndrome, Prader-Willi Syndrome, or who take second-generation antipsychotic drugs (Abilify, Zyprexa, Risperdal, Seroquel, Geodon, Invega) or corticosteroids (Prednisone) also have an increased risk of developing diabetes.

Suicide

In the United States, there has been a steady increase in the number of men who end their own lives prematurely. Suicide is the number three cause of death in men age 20 - 24. Elderly males are vulnerable due to the loss of loved ones, declining health, and isolation. Risk factors for suicide include: the use of drugs or alcohol to cope with work pressures, relationship problems, emotional issues; mental illness (especially depression); being bullied at work or school; divorce; and unemployment (the rates are rising with today's unstable economy). Recall that more women attempt suicide, but men are more likely to be successful.

No one can predict who will attempt suicide, but there are warning signs: dramatic mood changes, engaging in reckless behavior, verbalizing thoughts of hopelessness, talking/writing about death or suicide, threatening to kill oneself, increased alcohol or drug use, having no reason for living/no sense of purpose in life, having made a previous attempt at suicide.

If you suspect that someone may be considering suicide, tell him you care and are concerned about him, that suicidal thoughts are common, can be associated with a treatable mental disorder, and that there is help available. Ask him directly if he is having thoughts about suicide or thinking of killing himself. Suicidal thoughts are often a plea for help. Sometimes it can be reassuring to a person considering suicide to have someone express concern. Encourage the person to talk about his distressing feelings. Asking him about plans - how he plans to do it, when, and what specific steps he may have taken (purchasing a gun, etc.) - can reveal how serious he is (all threats of suicide should be taken seriously; the more specific the plans, the more likely it is to occur). Stay with the person or arrange for someone else to do so. Ask him if there are people who may have helped him with difficult times in the past (doctor, friend, counselor, etc.). There is a hotline (1-800-273-TALK) for suicide prevention available 24/7. You can offer professional help as well, and even call 911 (if you believe suicide is imminent), but remember the individual can refuse help.

Cancer

Testicular and prostate cancers are unique to men. Testicular cancer is one of the most common cancers occurring in men between 15 and 35 years of age. Symptoms include an enlarged, painless lump on a testicle; a sudden collection of fluid in the scrotum; a feeling of heaviness in the testicles; or a dull ache in the groin or abdomen. If detected early, testicular cancer has an excellent cure rate; therefore, it is important for men to perform a monthly self-examination in which each testicle is gently rolled between the fingers in order to detect the presence of any lumps. Any abnormalities should be reported to your doctor as soon as possible. Treatment of testicular cancer involves the surgical removal of the affected testicle. Chemotherapy, radiation, and/or additional surgery will be determined by whether or not the cancer has spread, and if so where.

The prostate is a walnut-sized gland that sits just below the bladder, surrounding the urethra (the tube for urinating). With age, hormonal changes occur, and this gland tends to enlarge. Sometimes the enlargement is benign and is called "Benign Prostatic Hyperplasia" (BPH). Symptoms of BPH include: difficulty initiating a stream of urine, a weak urine stream, and dribbling after urination; a feeling that your bladder is not completely empty following urination; urinary frequency (the feeling of having to urinate often, especially at night); and a burning sensation when you urinate. Any disruption in urine flow can increase the chance of urinary tract infections and stones, so if you have such symptoms, see your physician.

Your doctor can diagnose BPH by obtaining a medical history, performing a digital rectal exam, and performing blood tests to rule out prostate cancer. BPH and prostate cancer are not related, but can have many of the same symptoms. If your symptoms are particularly bothersome, medications such as Flomax, Hytrin, Avodart, and Proscar can help alleviate the problem. In the event that such conservative approaches are unsuccessful, a surgical procedure called a Trans-Urethral Resection of the prostate (TURP) can create a larger opening for urine flow.

Prostate cancer is a slow-growing cancer that usually affects men over 65 years of age. Though it is the leading cause of death in men over 75, its cause is not yet known. Symptoms include those mentioned for BPH, and incontinence, erectile dysfunction, abdominal pain, low back pain, painful ejaculations, painful bowel movements, blood in the urine, weight loss, fatigue, and bone pain. Arriving at a diagnosis incorporates the same tests as for BPH, but also may require a prostate biopsy. Sometimes the blood test for prostate specific antigen (PSA) can lead to unnecessary cancer treatments in some men, so it is important for the physician to look at the total clinical picture.

Treatment depends on how advanced the cancer is. If the cancer is localized to the prostate gland and symptoms are not particularly bothersome, watchful waiting may be recommended. Usually annual tissue samples are examined to determine any progression of the disease.

Surgery is also used for localized prostate cancer. Sometimes the doctor will perform surgery in which the pelvic lymph nodes are removed and examined for cancerous cells. If the cancer has not spread to the lymph nodes, then the surgeon may perform a prostatectomy, in which the prostate gland is removed. Cryosurgery involves destroying the cancerous tumor by freezing it. Another way to treat early-stage cancer is with radiation therapy, either using radioactive seeds that are implanted, or with focal beam external beam radiation.

Advanced forms of prostate cancer (that which has spread beyond the prostate gland to the seminal vesicles or nearby lymph nodes, or even the bones) can be treated with hormonal therapy (example: Lupron) which blocks the action of testosterone on prostate cancer. Sometimes a combination of surgery, hormone therapy, radiation and chemotherapy may be used with more advanced cancer. A man's age and general health status must be taken into account when planning a treatment strategy. And treatments have side effects. Surgery can cause impotence and incontinence. Hormone therapy can lower sex drive, and cause memory problems and muscle loss. Radiation can burn adjacent tissues and can cause diarrhea. Chemotherapy lowers immunity to infections and causes other unpleasant side effects (nausea, vomiting, mouth sores, diarrhea, fatigue, hair loss). If the cancer has spread to the bones, palliative care may be implemented to address pain control and quality of life.

Although there are no guarantees for preventing prostate cancer, there is much that can be done in order to reduce one's risk. It is important to have an annual prostate exam by your physician annually after age 40, as this can detect problems early when they are more easily treated. Water is important for general health, it flushes toxins from the body, and most of us don't drink enough. It is commonly recommended that we drink at least 6-8 glasses a day. Studies have shown that men who consume large doses of lycopene (found in abundance in tomato sauce and tomato paste) have lower rates of prostate cancer. Soy beans and tofu contain isoflavones that help to balance the body's hormones. Beta-carotene (found in carrots and many other vegetables) is known to stimulate the immune system. Finally, our mental state has a tremendous influence over our general health. Emotions like anger, fear and stress damage the immune system and can lead to cancer and heart disease. Learning to be aware of one's emotions, letting go of the damaging ones, and creating a positive mind-set can help a great deal in preventing many diseases.

"Learning to be aware of one's emotions, letting go of the damaging ones, and creating a positive mind-set can help a great deal in preventing many diseases."

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MEN'S HEALTH TEST

You must submit your completed test, with at least a score of 80%, to receive 1/2 hour of training credit for this course.

To submit via fax, please fax the test and evaluation to 814-728-8887.

To submit via email, please send an email to training@northwesthc.org. Please put "Men's Health Test" in the subject line, and the numbers 1—5, along with your answers, in the body of the email.

To submit via mail, send the test and evaluation pages to NWHC, 247 Hospital Drive, Warren PA 16365.

1. Complications of diabetes include kidney failure, vision problems and amputations. True False
2. Men attempt suicide more often than women but women succeed more often than men. True False
3. Testicular cancer and prostate cancer both affect men most often between 15 and 35. True False
4. Diabetes, smoking, and poor diet do not have any effect on the risk of heart disease. True False
5. High glycemic foods tend to cause blood sugar to rise rapidly and include refined carbohydrates such as white bread, doughnuts, and pastries. True False

Name: _____ Title: _____

Agency: _____ Date: _____

Please provide contact information (email address, fax number, or mailing address) where you would like your certificate to be sent:

NORTHWEST HEALTH CONNECTIONS
 A DIVISION OF MILESTONE CENTERS, INC.
EVALUATION OF TRAINING

Training Title: Men's Health Home Study
 Date: _____

Please check the box that best describes your role:

Direct Support Professional Provider Administrator/Supervisor

Program Specialist Provider Clinical Staff

Consumer/Self-Advocate Family Member

Support Coordinator Support Coordinator Supervisor

PCH Staff/Administrator FLP/LSP County MH/MR/IDD

Other (please list): _____

Please circle your PRIMARY reason for completing this home-study training:

It's mandatory interested in subject matter need training hours convenience

Please circle the best response to each question.

5 = Strongly Agree 4 = Agree 3 = Undecided 2 = Disagree **1 = Strongly Disagree**

1. As a result of this training, I have increased my knowledge.	5	4	3	2	1
2. I learned something I can use in my own situation.	5	4	3	2	1
3. This training provided needed information.	5	4	3	2	1
4. The training material was helpful and effective.	5	4	3	2	1
5. Overall, I am satisfied with this training.	5	4	3	2	1
6. I am glad I completed this training.	5	4	3	2	1

Suggestions for improvement: _____

Additional information I feel should have been included in this training: _____

I would like to see these topics/conditions developed into home-study trainings: _____