

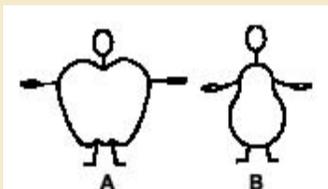
Men's Top Health Threats

Rank	Cause	Percentage of male deaths
1	Heart Disease	26.3
2	Cancer	24.1
3	Unintentional injuries	6.6
4	Chronic lower respiratory diseases	4.9
5	Stroke	4.5
6	Diabetes	3.0
7	Suicide	2.2
8	Influenza and pneumonia	2.1
9	Kidney Disease	1.8
10	Alzheimer's disease	1.8
Total		77.3

Source: CDC, 2011.

Men's life expectancy is less than the average woman. In 2006, men's life expectancy was 75.1 years; whereas women's was 80.2 years.

It is believed that heredity and male sex hormones, which affect such characteristics as body fat distribution, play a role in the higher incidence of diseases found in men. Men are more likely to accumulate fat around the abdomen ("apple-shaped" obesity). This is associated with an increased risk of heart disease, diabetes, and cancer in men. Women, however, are more likely to gain extra weight around the hips. Although unhealthy, this "pear-shaped" obesity is not as closely linked to potentially fatal conditions as is the "apple-shaped" obesity.



In addition, socially accepted "male" behavior also predisposes men to premature death. The incidence of death from unintended injuries is almost double that in women. Men are also more likely than women to engage in smoking, drinking, and casual sex— all of which increase the likelihood of serious diseases.

No. 1- Heart disease

Heart disease is a grouping of various conditions of the heart such as coronary heart disease, congestive heart failure, heart attack, etc. It is the leading cause of death for both men and women. Over 800,000 people die of heart disease each year in the United States. It is estimated that more than 81,000,000 Americans have one or more forms of cardiovascular disease. About 1/4 of all heart-disease-related deaths occur in men ages 35-65. To prevent and delay heart disease, you should know your blood pressure and keep it under control, exercise regularly, don't smoke, get tested for diabetes and if you have it, keep it under control, know your cholesterol and triglyceride levels and keep them under control, eat a lot of fruits and vegetables, and maintain a healthy weight.



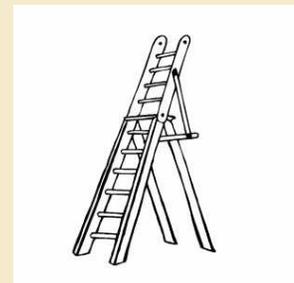
No. 2- Cancer



The three most common cancers among men are prostate cancer, lung cancer and colorectal cancer. Prostate cancer leads among all racial and ethnic groups. Lung cancer is prevalent in the south. Colorectal cancer is second among Hispanic men, and third among white, black, American Indian/Alaska Native, and Asian/Pacific Islander men. Based on rates from 2005-2007, 41% of men and women born today will be diagnosed with cancer of all sites at some time during their lifetime. To prevent and delay cancer development, do the following: don't use tobacco, eat a healthy diet, maintain a healthy weight and include physical activity in your daily routine, protect yourself from the sun, get immunized, avoid risky behaviors, and take early detection seriously. Follow the recommended screening schedule for various types of cancer to increase the chances of early detection and treatment.

No. 3- Unintentional Injuries

Unintentional injuries are those without purposeful intent. This is a leading cause of death of men under the age of 44 years. The top five causes of fatal unintentional injuries include motor vehicle crashes, falls, poisoning, drowning, and fires and burns. Most of the deaths are preventable by wearing seat belts and helmets, and using child safety seats and following an exercise program that improves coordination. In addition, assessing and correcting potential hazardous situations at home can reduce the risk of fatal accidents.



No. 4- Chronic lower respiratory diseases

Chronic lower respiratory diseases are diseases that affect the lungs. The most deadly of these is chronic obstructive pulmonary disease (COPD), which makes it hard to breathe. COPD includes two main illnesses: Emphysema and Chronic bronchitis. Most cases of COPD are preventable by avoiding smoking, avoiding secondhand smoke, and avoiding irritants that may contribute to COPD, such as chemical fumes, air pollution, and dust. Damage to the lungs caused by COPD cannot be repaired but it may be possible to slow it down. If you suspect you have COPD, contact your physician for a simple test of COPD.

No. 5- Stroke

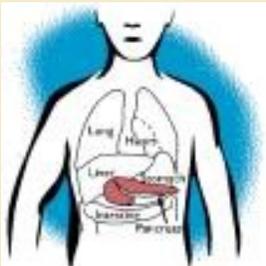


About 795,000 people suffer a stroke, and over 143,579 people die each year from stroke in the United States. Stroke is a leading cause of serious long-term disability in the United States. Men's stroke incidence is greater than women's at younger ages, but the rates level off for ages 75 and older. Majority of the strokes are ischemic, or about 87%. Smoking doubles the risk for a stroke, while high blood pressure is the most important risk factor for a stroke.



No. 6- Diabetes

Diabetes is a disease that occurs when the body can't control blood glucose levels properly. There are two basic types, Type 1 which occurs due to lack of insulin and Type 2 which occurs due to increased resistance to insulin. The risk for type 2 diabetes typically increases after the age of 45. The risk factors for type 2 diabetes include: being overweight or obese, a sedentary lifestyle, a diet high in sugar and refined carbohydrates and low in fiber and whole grains, a history of type 2 diabetes in your immediate family (mother, father, sister, or brother) and being an African-Americans, Hispanics, American Indians, Native Alaskans, Asian Americans, or Pacific Islander. Avoiding overweight and obesity, leading an active lifestyle and eating mostly unrefined foods can reduce your risk for diabetes.



No. 7- Suicide

In 2005, 25,907 men committed suicide. Using a firearm is the most common method for suicide in men. Men die four times as often as women when they attempt suicide, even though women are three times more likely than men to try it in the first place. Depression is an important risk factor in suicide and affects 7% of men in any given year. Male depression is much more likely to go undiagnosed than depression in women, partly because men are less likely than women to seek treatment. Also, depression doesn't always present the same symptoms in males as seen in females. It may not be easily recognized by those around the individual. Substance abuse— which is more common in men— can mask depression. This furthers the complexity of diagnosing depression in men.



No. 8- Influenza and pneumonia

Influenza (the flu) is an infection mainly affecting the nose, throat, airways, and lungs. It is caused by a virus and usually is spread through coughing or sneezing. It can cause mild to severe illness, and at times can lead to death. People with certain health conditions are at high risk for serious complications from flu, including pneumonia. Pneumonia is an inflammation of one or both lungs, usually caused by an infection. The air sacs in the lungs are not working properly which makes it hard to breathe, and oxygen has trouble reaching in the blood and cells. It is important to get the flu vaccine each year if you have any of the risk factors such as diabetes, heart disease, or a weakened immune system. Also following hand washing recommendations and good hygiene can reduce the risk of influenza.

No. 9- Kidney Disease

The kidneys are two organs, each about the size of a fist, located in the upper part of a person's abdomen, toward the back. The kidneys filter waste from the blood to form urine. They also control amounts of certain vital substances in the body. There are many different kinds of kidney diseases and many causes. You are at risk if you have diabetes, high blood pressure, suffer a blow to the kidneys, have a close family member with kidney disease, take certain medicines, such as aspirin and ibuprofen. They can cause kidney problems if taken regularly over a long period of time. You can reduce your risk for kidney disease by making sure you consume enough fluids regularly, eat healthy, exercise regularly, avoid getting overweight, manage high blood pressure with medication, and control diabetes with medication, exercise and healthy eating. Also follow the directions for using over the counter medications and check with your doctor about any uncommon symptoms.

No. 10- Alzheimer's Disease

About 5.2 million Americans were diagnosed with Alzheimer's in 2008, and of those, 5 million were 65 or older. Alzheimer's disease destroys a person's memory, eventually making it difficult for them to perform simple tasks. It's the most common cause of dementia in older people. There are three stages of Alzheimer's disease: Stage 1: Mild Alzheimer's; Stage 2: Moderate Alzheimer's and Stage 3: Severe Alzheimer's. The following can help delay and maybe even prevent Alzheimer's: keeping brain healthy by making sure that the blood supply is not blocked by cholesterol blockage; eating healthy foods that provide phytochemicals; and keeping your mind sharp by maintaining an active social life, enjoying intellectual pursuits, and performing mentally challenging activities.

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