

## FACTS ABOUT MEN'S HEALTH

Heart Disease is the leading killer of Asian and Pacific Islander men in the United States.

Asian Americans and Pacific Islanders account for over 1/3 of all Heart Disease Deaths. (American Heart Association, 1998)

For Hawaiian and Samoan men, heart disease is the leading cause of death beginning at age 25 and continuing throughout the lifespan. (American Heart Association, 1999)

Cancer is the second leading cause of death for Asian and Pacific Islander men in the U.S. (National Center for Health Statistics, 1996)

92% of Laotians, 71% of Cambodians, and 65% of Vietnamese smoke. (Centers for Disease Control, 1996)

Read this brochure to find out how to live healthier!

## SUPPORTING WOMEN'S HEALTH

After reading about all of these male health issues, it is also important to consider the health of the women in your life.

Women in our community are at risk for breast and cervical cancer, among other ailments.

Support our wives, daughters, mothers, aunts, sisters, and nieces. Talk with them about their concerns. Learn about women's health procedures such as mammograms, clinical breast exams, and pap tests.

Encourage women to see a doctor or nurse for regular check-ups and cancer screenings. Show you care by being supportive.

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# men

**EXTRA IMPORTANT** a message for men in our community

# A Healthy Tomorrow Starts Today



Often times we take health for granted. We may be too busy working or just not have the time. We may think nobody cares. We may think that health problems won't happen to us; or when they do, it'll pass. As men, we may believe it's something we must quietly endure. We might not want to burden our families with our problems. While we may hear about many health issues that women and children face, we don't hear much about men's health issues. However, men's health is something that we must take seriously, if not for us, but for our families and communities that depend on us.

In this brochure is a brief list of common health issues for men and recommended activities that will help us lead healthy lives. Some of the activities are easy to do and many of them can be enjoyable. Think about your health, because a healthy tomorrow starts today.

## ACTIVITIES FOR HEALTHY LIVING

The following activities serve as a guide toward improving and ensuring your quality of life:

- See a doctor for a physical exam yearly.
- Have yourself screened for prostate and colon cancer every year after age 50.
- Eat a low fat, low cholesterol, low sodium diet. Also helpful is having at least 5 servings of fruits and vegetables each day. Remember, "5-a-Day."
- Engage in 30 minutes of moderate exercise, 5 days of the week. Activities may include walking, biking, jogging, gardening, swimming, ballroom dancing, and golfing without the use of a cart.
- If you drink alcohol, limit yourself to one drink per day.
- Stop smoking or at least reduce the times you light up. Your body will respond almost immediately to quitting smoking, decreasing your chance of heart attack.
- Relax! Try not to get too stressed. Engage in some relaxation techniques, such as meditation, tai chi, prayer, reading, and anger management. Feeling better emotionally will help you feel better physically. It may even help others around you.

**If you like, try to do these activities with a friend, or create a group to practice these healthy behaviors with. It can be more fun!**

## CHRONIC DISEASES

As we get older, we are faced with new health challenges in our daily lives. Some of these challenges may be categorized as chronic diseases.

Among chronic disease are cancer, heart disease, diabetes, and arthritis.

Risk factors for heart disease include high cholesterol, high blood pressure, physical inactivity, being overweight, being diabetic, having a family history of heart disease, aging, heavy drinking, and being highly stressed.

Visiting your doctor yearly assists you in managing your health.

It is important to take preventive measures so that your health and well-being are not affected by these conditions.

## PROSTATE CANCER

The prostate is important to proper bladder control and normal sexual function.

There are no clear symptoms of prostate cancer that can be easily assessed by the patient, highlighting the importance of regular screening.

### Recommended activities for prevention:

Digital Rectal Exam (DRE) every year for men 50 years of age and older. During a DRE, a doctor feels the prostate through the rectum. Hard or lumpy areas may mean cancer is present.

A PSA blood test every year for men 50 years of age and older. This test will help catch early signs of prostate cancer.

**Cancer can be more easily treated if caught early. Coupled with good diet and exercise, screening can help you become healthy.**

## SEXUALLY TRANSMITTED DISEASES

Often, sexual activity is not a topic everyone is comfortable discussing. However, there are some important issues to consider.

Sexually transmitted disease (STD) is a serious condition that is spread through close sexual activity, and during vaginal, anal, and oral sex.

Examples of STDs include HIV/AIDS, chlamydia, genital herpes, gonorrhea, human papilloma virus, and syphilis. Some STDs are contracted through infected blood.

Risky behaviors for contracting a STD include having multiple partners, engaging in unprotected sex with a man or a woman, traveling overseas and having sex with a man or woman outside of your marriage, and sharing needles to inject drugs.

A person may not show signs or symptoms even though they are infected with an STD.

Most STDs can be treated, but see a health professional for more information.

### Recommended activities for prevention:

Get tested regularly for an STD through your doctor or local clinic if you engage in risky behaviors.

Talk to your partner about past sex partners and about past needle drug use.

Wear a condom when having sex.

If unsure, don't engage in sexual activity.

**Consider these precautions. They will help you and your partner to live healthier.**