

MEN'S HEALTH MONTH: A PROACTIVE APPROACH

National Men's Health Month is a national awareness month focused on increasing awareness of preventable health problems and encourages early detection and treatment of diseases prevalent in men and boys. On average, men die at higher rates than women from the top causes of death and are 100% less likely to proactively seek preventative health care. This resource will help you to educate and encourage your male patients on how to become a proactive participant in their health.

01 | Keep it Simple

Taking a proactive approach regarding your health does not necessarily mean a large amount of lifestyle changes or frequent office visits. Start by scheduling your annual health screening appointment with your medical provider, he/she can help you to establish a schedule for proactive care.

02 | Don't Delay

Often we dismiss or delay signals that our body may be sending us due to convenience. We may feel that we can seek care when we have more time or at a more convenient time. Listen to your body; you are the first to know when something is not right. If this is the case contact your medical provider for guidance.

03 | It's Normal to Be Anxious

Anxiety and fear of seeking care is common. Many Americans are afraid to seek medical care for a variety of reasons including; fear of hearing bad news, a bad experience and/or hearing another person's experience. When scheduling your appointment tell the medical provider of your anxiety and/or fears. They can help make adjustments to make you more comfortable and set expectations for your visit.

04 | Bring a List of Questions

There are many reasons including nervousness that we tend to forget the many questions or topics we want to discuss with our medical provider.

Prior to your visit develop a running list of questions. Remember all topics are acceptable regardless if they seem embarrassing or uncomfortable. Take comfort in knowing that your medical provider wants to address all of your questions and/or concerns. Also, most likely this is not the first time that this topic has been brought up by a patient or colleague.

04 | Ask for More Time

Critical life threatening decisions may need to be made immediately. However, there are decisions that can wait a few days or even a few weeks. Don't feel pressured or rushed to make a decision that you are not ready to make. Discuss consequences of delaying a decision with your medical provider and ask for more time if needed.

05 | Get a Second Opinion

Most medical providers encourage a patient's right to a second opinion and do not feel offended. Don't be afraid to get a second opinion if you want to explore or consider other diagnosis or treatment options.

For additional resources on Men's Health: visit <http://www.cdc.gov/men/>

Did You Know?

40% of Men skip their annual health screening.

References

<http://www.cdc.gov/men/lcod/index.htm#a2011>
<http://www.menshealthmonth.org/>