

By Keith Jones, Scottsdale Healthcare



Men, Get Serious About Your Health!

WITH JUNE COMES Father's Day and honoring dads for the many things they do. But here's something many dads—and men in general—don't do: make their health a priority. Consider these recent statistics from the Centers for Disease Control:

- 24 percent of U.S. men are smokers
- 31 percent of men age 20 or older have hypertension
- 72 percent of men age 20 or older are overweight

Those numbers just may change in the future, according to Scottsdale Healthcare physicians. "An increasing number of men are taking a more active role in their healthcare," says board-certified urologist Mitchell Kaye, M.D. Proof of this may be in the fact that more than 325 people attended Scottsdale Healthcare's recent Men's Health Event, featuring physician presentations, health screenings, displays of new medical technology and more.

"We helped men discover how to be their

own health care coach. Many attendees expressed their appreciation that we stepped forward to help men learn about their health," says Mary Kopp, associate vice president of Scottsdale Healthcare Thompson Peak Hospital.

Scottsdale Healthcare will hold meetings this summer to gather input from men in the community on their healthcare concerns and needs, according to Kopp.

Ready to Start?

Taking care of your health starts with all those things your mother told you: don't smoke, get some exercise, eat healthy and watch your weight. But it doesn't end there.

You also need screenings that can help identify health problems and detect diseases early, when they are easier to treat. While you should be sure to talk to your physician about what screenings you may need, the U.S. Department of Health and Human Services recommends the following for men:

- Obesity—Have your Body Mass Index calculated. BMI is a ratio of your height to weight.
- High cholesterol—Have

your cholesterol checked regularly starting at age 35. If you are younger, talk to your physician about the need for a cholesterol check if you smoke, have diabetes, high blood pressure, or a family history of heart disease.

- High blood pressure—Have your blood pressure checked at least every two years.
- Colorectal cancer—Have a colorectal cancer test starting at age 50. You may need the screening earlier if you have a family history of colorectal cancer.
- Diabetes—Have test for diabetes if you have high blood pressure or high cholesterol.
- Abdominal Aortic Aneurysm—If you are between ages 65 and 75 and have smoked 100 or more cigarettes in your lifetime, you should be screened for abdominal aortic aneurysm, which is an abnormally large or swollen blood vessel in your abdomen.

Of course, there are other guy-specific health issues that you need to be proactive about, too. It's generally recommended that men over age 50 should have a PSA blood test and digital rectal

examination once every year to screen for prostate cancer, says Dr. Kaye. Men over age 40 who are in high-risk groups, such as African-Americans and those with a family history of prostate cancer, also should seriously consider the screenings.

"As a urologist, I deal with many key issues that impact men's health. These include prostatitis, prostate cancer, sexual function, urinary problems and testosterone deficiency," says Dr. Kaye, who has extensive experience in using Scottsdale Healthcare's high-definition daVinci surgical robot for treating prostate cancer and other health problems.

The robot, which has high-tech instruments operated by a surgeon at a console, enables certain urology, cardiology, gynecology and orthopedic procedures to be performed with smaller incisions, less pain and faster recovery time for patients.

In addition to the robot, Dr. Kaye also has access to state-of-the-art diagnostic tools and treatments to manage prostate disease, erectile dysfunction and urinary difficulties.

Doctor Support

Don't have a physician to turn to for guidance? Scottsdale Healthcare offers a free physician referral service. Visit www.shc.org or call (480) 882-4636. Scottsdale Healthcare also offers a variety of health education events and screenings, with more planned for Scottsdale Healthcare Thompson Peak Hospital.

"Many men aren't aware of their health risk factors. We want to help them identify those factors, provide education, prevention and early-detection programs—as well as quality testing and treatment when needed—so men in our community can live long and healthy lives," says Kopp. ■

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