BETTER HEALTH
FOR MEN & BOYS
Men may not mention it, but COVID-19 is taking a toll on their mental health

The COVID-19 pandemic: Are men more at risk of dying?

According to data from the National Institutes of Health, men were more likely to be infected more severely by COVID-19 than women. Other studies from early research suggest men are also dying at a higher rate from COVID-19 than women. Why COVID-19 affects men more is not completely understood, but researchers have identified several possible factors that contribute to this disparity.

Social factors

According to the survey, one in five men (21 per cent) have put off seeing a doctor for non-COVID-19 health problems, and nearly half (48 per cent) of men say they rarely talk about the impact COVID-19 has had on their mental health.

MENtion It®, which aims to address the mental health of men, found that men were significantly more likely to suffer from depression and anxiety, and that men are more likely to avoid seeking help for mental health issues.

Men may be more likely to suffer from mental health problems because they may be less likely to seek help, and may also be less likely to talk about their feelings. This may be due to a number of factors, such as social stigma, a lack of awareness of mental health issues, or a fear of being labelled as weak.

The COVID-19 pandemic has also had a significant impact on mental health, with nearly half (45 per cent) of men reporting that their emotional/stress level has increased as a result of the pandemic. Additionally, nearly half (45 per cent) of men report that their mental health has worsened during the pandemic.

Men ARE dying from COVID more than women

Although age is the biggest risk factor when it comes to higher death rates, there is also a gender gap. Global Health 50/50, a group devoted to equality of the sexes in health, finds that “in most countries, available data indicates that men are more likely to die following a COVID-19 diagnosis than women.”

One study from the National Institutes of Health found that men are more likely to die from COVID-19 than women, even when controlling for age and other factors. Another study from the National Institutes of Health found that men are more likely to die from COVID-19 than women, even when controlling for age and other factors.

Sexual health

Sexual health is another area of concern for men during the pandemic. Many men have reported that they are not seeking treatment for sexually transmitted infections (STIs) or other sexual health issues.

In this survey, 18 per cent of men aged 18-34 (56 per cent) said that they were not seeking treatment for STIs or other sexual health issues, compared to 12 per cent of men aged 55-64 (24 per cent) and 8 per cent of men aged 65 and over (4 per cent).

Many men struggling to stay healthy during pandemic

Many men are struggling to stay healthy during the pandemic. A recent survey found that 80 per cent of men aged 18-34 (56 per cent) said that they were not seeking treatment for STIs or other sexual health issues, compared to 12 per cent of men aged 55-64 (24 per cent) and 8 per cent of men aged 65 and over (4 per cent).

A recent survey found that 80 per cent of men aged 18-34 (56 per cent) said that they were not seeking treatment for STIs or other sexual health issues, compared to 12 per cent of men aged 55-64 (24 per cent) and 8 per cent of men aged 65 and over (4 per cent).

The COVID-19 Pandemic: Men may not mention it, but COVID-19 is taking a toll on their mental health. This is even higher among men aged 18-34 (56 per cent). - 40 per cent of men say they are struggling to stay healthy during COVID-19. - A quarter (24 per cent) of men report weight gain during the pandemic.

Data and Article Source

Men and COVID-19


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**How are you coping and what strategies are working for you?**

**Marlon F Espinosa**

CEO and chairman, Native Caribbean Foundation

**Nominee, Mentor of the Year, 2021; Youth Business International**

**Coping with career, family and COVID-19**

The pandemic has rapped our systems that we’ve been built for our lives or as I call it—our mindset, and now flipped the script of how the work at the heart of the matter of the finest state of mind. Everyone must recognize their role as a team to the stress that would result in finding a balanced and realistic perspective.

For me the key factors have been to remain: spiritually grounded, focused, purpose-oriented. My suggestion to other young professionals and entrepreneurs is to stay grounded, stay focused, stay on your path and believe that things, however difficult, can and will get better. It is important to value your time, trust their strategy, and maintain your ambitions.

One is a new old skill, and finance is none in our working lives. The SMART system, which is efficient, effective, measurable, achievable, realistic and timely, should be at your disposal.

What are the signs to look for? Many men admit to feeling depressed about their situation. Given society’s burden on men to not appear “weak,” many men see this as a taboo. Society needs to support men in their journey to health. If you are struggling, talk to someone.

### About the author

**Dr Nicholas M Mara**

Consultant psychiatrist at the Department of Medicine, RAMH. He is a fellow in behavioural and cognitive-behavioral therapy. Dr Mara is a visiting consultant at both the Pretoria Mental Health Clinic and Southern Medical Clinic. The office contact is 367-9368.

Dr Mara believes that men need to talk more about their mental health issues. He shares his tips on how to get access to support for men who need it.

### Where can help be obtained?

There are several places you can go to just to get someone to talk.

- **Gumtree**
  - gumtree.co.za is one of the most visited websites in South Africa and offers a free classified ad service for people who want to advertise their services.
  - gumtree.co.za is a great place to start if you are looking for a specific service or want to find a local contact to help you.
  - gumtree.co.za has a wide range of categories, including jobs, property, vehicles, and more.

- **Facebook**
  - Facebook is a social networking site that allows people to connect with each other and share information.
  - Facebook is a great place to connect with friends and family, and to find local events and businesses.

- **Twitter**
  - Twitter is a social networking site that allows people to share and interact with short messages called “tweets.”
  - Twitter is a great place to stay connected with friends and family, and to find local events and businesses.

- **LinkedIn**
  - LinkedIn is a social networking site that allows people to connect with each other and share information.
  - LinkedIn is a great place to find local businesses and to connect with potential employers.

- **Instagram**
  - Instagram is a social networking site that allows people to share and interact with visual content.
  - Instagram is a great place to find local businesses and to connect with potential employers.

- **YouTube**
  - YouTube is a video-sharing website.
  - YouTube is a great place to find local businesses and to connect with potential employers.

- **Snapchat**
  - Snapchat is a social networking site that allows people to share and interact with visual content.
  - Snapchat is a great place to find local businesses and to connect with potential employers.

- **/TWITTER**
  - Twitter is a social networking site that allows people to share and interact with short messages called “tweets.”
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- **FACEBOOK**
  - Facebook is a social networking site that allows people to connect with each other and share information.
  - Facebook is a great place to connect with friends and family, and to find local events and businesses.

- **SOUNDCLOUD**
  - SoundCloud is a music streaming and sharing platform.
  - SoundCloud is a great place to find local artists and to connect with potential employers.

- **SPOTIFY**
  - Spotify is a music streaming service.
  - Spotify is a great place to find local artists and to connect with potential employers.

- **iTUNES**
  - iTunes is a music streaming service.
  - iTunes is a great place to find local artists and to connect with potential employers.

- **APPLE MUSIC**
  - Apple Music is a music streaming and sharing platform.
  - Apple Music is a great place to find local artists and to connect with potential employers.

- **GOOGLE DRIVE**
  - Google Drive is a cloud-based storage and collaboration platform.
  - Google Drive is a great place to store and share files, and to collaborate with others.

- **GOOGLE SLIDES**
  - Google Slides is a presentation software.
  - Google Slides is a great place to create and share presentations, and to collaborate with others.

- **GOOGLE DOCS**
  - Google Docs is a word processing software.
  - Google Docs is a great place to create and share documents, and to collaborate with others.

- **GOOGLE SHEETS**
  - Google Sheets is a spreadsheet software.
  - Google Sheets is a great place to create and share spreadsheets, and to collaborate with others.

- **GOOGLE FORMS**
  - Google Forms is a survey and form creation tool.
  - Google Forms is a great place to create and share surveys and forms, and to collaborate with others.

- **GOOGLE SETTINGS**
  - Google Settings is a platform for managing Google services.
  - Google Settings is a great place to manage your Google account, and to access your Google services.
SURVIVING CANCER
My Lung Cancer Reality

NISHARD MOHAMMED

In June 2017, I was diagnosed with Stage 2aN1 adenocarcinoma of the lung which led to an operable tumour. I was told that I had an Adenocarcinoma and the analysis used for determining the stage was a bit frightening.

This was the first of many painful experiences I endured. The capability of T&T's health service, a regimen of Cisplatin and Vinorelbine, were initiated.

Surgery (Lobectomy and Lymphadenectomy) followed by the latest research studies and understanding prior to going into surgery to repair an asymptomatic tracheostomy occurred during a village sports day.

The thing is, I had never heard the term "palliative care" before. When I introduced it, he mentioned previous cases at which a point was reached where comfort rather than treatment was needed. In case anyone reading this doesn't know what palliative care is, it is defined as "care for the terminally ill and their families, especially provided by an organised health service."

My first visit to the Palliative Care Unit at the Caura Hospital was as traumatic as my surgery. I had to face the reality that my life's journey may have lung cancer. We better understand how tumours grow and survive. One of the most common causes of cancer deaths is lung cancer. In addition to mutations in ALK, EGFR and ROS1, many people with lung cancer have protein markers such as PD-L1.

We also have lung cancer staging, treatments and side effects should always be explained to the patient and any other person involved in the patient's care. My journey is not yet over, I am still surviving cancer.
Let’s get to the heart of the matter!

Men are more likely to smoke, drink, take more risks, and generally lead a less healthy lifestyle. In the Caribbean, men have higher rates of harmful use of alcohol than women, with one in five men reporting that they essentially drink alcohol and, according to CARPHA, men are far more likely to use cigarettes than Caribbean women.

Additionally, self-medication with drinks, smoking or overeating may be more prevalent, especially linked to heart disease, which men are less likely to report to the doctor. Persons with a family history of heart attack or risk factors such as high blood pressure, high cholesterol, diabetes may be more likely to notice these warning signs than those without.

Other heart disease risk factors include: age, obesity, smoking (and second-hand smoke), lack of exercise, obesity and depression. In addition, factors that are unique to men that they may be more aware of or experienced linked to heart health are: lower testosterone level and erectile dysfunction.

Concerning Health Behaviours

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The COVID-19 vaccine was developed after three years of intensive research and collaboration between scientists and researchers worldwide. The vaccine was approved by regulatory authorities after rigorous testing, including clinical trials, to ensure its safety and efficacy.

Concluding Thoughts

In summary, the COVID-19 vaccine is a safe and effective way to protect individuals from severe illness, hospitalisation, and death. It is strongly recommended that everyone who is eligible receive the vaccine to help prevent the spread of COVID-19 and protect the health and safety of themselves and others.

Vaccination is a personal responsibility, and it is important to stay informed about the latest developments in the vaccination programme and to take appropriate precautions to protect yourself and others.

And remember, no plan is perfect, but we can all work together to make it better.

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And remember, no plan is perfect, but we can all work together to make it better.
Men have many health concerns unique to them such as enlarged prostate, prostate cancer, male infertility, erectile dysfunction, and low testosterone. These are at risk for many diseases that are not gender specific. Cancer and heart disease are the top two causes of death among men in the US, but with early diagnosis, treatment is often very successful. Not only are some health concerns exclusive to men, sometimes health concerns have different symptoms for men than for women, making it harder for men to recognize that they suffer from health concerns. Men’s reluctance to see a doctor may be the primary reason men have higher rates of some diseases and a lower life expectancy than women. Diana Sanchez, associate professor of psychology at Rutgers University says, “Men can expect to die five years earlier than women, and physiological differences don’t explain that difference. The top in health behaviours between men and women, including preventative screening and medical treatment, has contributed to a silent health crisis among men. So, let’s fix that crisis today. Take the first step toward bettering your health by finding a primary care provider today. Male health concerns have higher rates of some diseases than women. The American Cancer Society suggests men begin colorectal cancer screenings every three years, while men over the age of 65 should be tested every two to four years. For more information, visit MedicalShare.com/blog/10-reasons-men-dont-go-to-the-doctor-and-why-they-should. Important check-ups don’t let the fear of COVID-19 keep your male loved ones from getting the check-ups and health care they need. Instead, it is even more vital now for them to get control over their health. It is to help them fight off infections of all kinds. Annual screenings and tests are some of the most important things a man can do for his overall health. If everyone gets screened, cancers and diseases will be caught early when they are easier to treat. Men over the age of 40 or high cholesterol could lead to heart disease, stroke, and diabetes. Blood pressure screenings Blood pressure screening should happen regularly. This includes checking for pre-hypertension and hypertension. Elevated blood pressure can increase the risk of having a heart attack or stroke. 7 HEALTH FACTS MEN NEED TO KNOW How much does it cost to live? Every five years men should risk-profiles change, so they should get re-risked every five years. Men have higher risk factor should begin testing at age 20. Blood pressure screening Men should have their systolic and diastolic pressure checked regularly to check for pre-hypertension or high blood pressure, which is a leading cause of stroke and heart issues from as early as 30s. Diabetes test Starting at age 45, healthy men should begin diabetes screenings every three years using a fasting blood sugar test, glaucoma test Eye tests for glaucoma are based on age and personal risk, but men under the age of 40 should be tested every two to four years. All men aged 40 to 64 should be tested every one to three years, while men over the age of 65 should be tested every six to 12 months.
MEN’S HEALTH CHECKLIST

Men, you’ve been taught how to handle a flat tire, a leaky faucet or maybe even how to patch a hole in the wall, but do you know what it takes to stay healthy? Here are a few numbers to keep your health in check.

Normal BMI is 18.5-24.9

35% of adult men are obese

Blood pressure higher than 135/80 mm Hg may be a sign of diabetes or other cardiovascular and metabolic disease

Preferred cholesterol range: Less than 200 mg/dL

Recommended amount of mild physical activity for adults per week. An example of a mild activity is brisk walking.

Triglycerides are a type of fat found in your blood. Too much of this fat may raise your risk of heart disease, diabetes and stroke. Lower numbers are better.

If your BMI is between 30-39.9, you’re considered obese. If your BMI is over 40 and over is considered morbidly obese.

Blood pressure range for adult men are obese

TARGET RANGE FOR LOW-DENSITY LIPOPROTEIN (LDL) OR THE “BAD” CHOLESTEROL

70-130 mg/dL

Target range for low-density lipoprotein (LDL) or the “bad” cholesterol

Healthy triglyceride level

120/80 mm Hg

Preferred cholesterol range: Less than 200 mg/dL

Normal blood pressure range (lower for patients with other illnesses)

TOP THREE CANCERS FOR MEN

1. Prostate
2. Lung
3. Colorectal

Recommended hours of sleep for adults. Poor sleep habits bring a higher risk for heart disease, diabetes, depression, erectile dysfunction and obesity. It may also cause more severe Lower Urinary Tract Symptoms (LUTS) in some men.

CHECKUPS & SCREENINGS

WHY?

Physical Exam Preventative care for total health

Testicular Exam Screens for testicular cancer

Blood Pressure Screens for hypertension (high blood pressure)

Cholesterol If high, can lead to heart disease

Prostate-Specific Antigen (PSA) Test Screens for prostate cancer

A1C Test Screens for high blood sugar levels, which could mean a greater risk for diabetes

WHEN?

Annually

Annually, during physical exam or monthly if lumps are found during self-exams

Every 2 years, or as directed by your doctor

Every 5 years, or as directed by your doctor

Starting at age 55, or as directed by your doctor. African American men and men with a family history are at a higher risk for developing prostate cancer. Talk to your doctor about whether prostate cancer screening is right for you.

If your blood pressure is higher than 135/80 or if you take medicine for high blood pressure, talk to your doctor about screening for diabetes

7-9

Recommended amount of sleep for adults. Poor sleep habits bring a higher risk for heart disease, diabetes, depression, erectile dysfunction and obesity. It may also cause more severe Lower Urinary Tract Symptoms (LUTS) in some men.

See your doctor – routine checkups can spot a number of conditions that can impact a man’s health, including prostate cancer, which affects

1 IN 7 MEN

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Urology Care Foundation

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