

Men's 10: Top 10 Leading Causes of Death for Men in Alabama

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Faculty

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Men's 10: Leading Causes of Death for Men in Alabama

- 1. Heart Disease**
- 2. Cancer**
- 3. Accidents**
- 4. Chronic Lower Respiratory Disease**
- 5. Stroke**

Men's 10: Leading Causes of Death for Men in Alabama

- 6. Diabetes**
- 7. Nephritis**
- 8. Suicide**
- 9. Pneumonia/Influenza**
- 10. Alzheimer's Disease**

- 2010 Data

Heart Disease

- The leading cause of death of men in Alabama and in the United States**
- All ethnicities and education levels can be affected**
- According to the Centers for Disease Control and Prevention, 70-89% of all sudden cardiac events occur in men**

Heart Disease

- Heart disease includes conditions such as heart failure and coronary artery disease (CAD), which is the most common**
 - Abnormal heart rhythms, heart attack, and stroke are also among the conditions listed in this category**

Heart Disease

- Risk factors include:
 - Age
 - 45 years of age or older
 - High cholesterol
 - High blood pressure
 - Diabetes
 - Smoking

Heart Disease

- Heart disease can be prevented or managed by maintaining a healthy weight, exercising regularly, consuming a healthy diet, and stress management

Heart Disease

- ABCS of cardiovascular health
 - A = Aspirin Use
 - Ask your provider about taking:
 - One baby aspirin (81 mg) everyday
 - One regular aspirin (325 mg) every other day

Heart Disease

- B = Blood Pressure
 - Normal blood pressure should be at or below 120/80
 - Reduce your sodium consumption

Heart Disease

- C = Cholesterol
 - Ask your provider about how often to check your cholesterol
 - Normal total cholesterol levels should be below 200
 - LDL (bad cholesterol) should be below 100

Heart Disease

- S = Smoking Cessation
 - Research shows using a quitline with medication increases abstinence rates

Heart Disease

- **Ask your provider about quitting**
 - **Call 1 - 800 - QUIT - NOW**
 - **(1 - 800 - 784 - 8669)**
 - **Alabama Quitline**
 - **www.alabamaquitnow.com**

Cancer

- **Men are most affected by lung, prostate, colorectal, and skin cancers**
- **Smoking and secondhand smoke are the leading causes of lung cancer**

Cancer

- **Early detection of prostate and colorectal cancers begins with knowledge of testing options and family medical history**
 - **In most cases when early detection tests are used, abnormalities can be removed before they become cancerous**

Cancer

- **Protection from the sun and annual skin examinations are vital to the prevention of skin cancer**
 - **Individuals in areas with high UV radiation or with scars, burns, fair skin, and freckles need to be especially aware of the time spent exposed to the sun**

Accidents

- **Motor vehicle accidents are the leading cause of accidental deaths in men**
- **Men are less likely to wear a seatbelt and obey the speed limit**
 - **They are more likely to drive recklessly and under the influence of alcohol or other substances**

Accidents

- **Men are the majority in some of the most dangerous occupations**
 - **Account for nearly 92% of all workplace fatalities**
 - **Using safety precautions, such as helmets, can help prevent fatal head injuries**

Chronic Lower Respiratory Disease

- Chronic lower respiratory disease includes a list of lung conditions such as chronic bronchitis and emphysema

Chronic Lower Respiratory Disease

- Avoiding respiratory infections, smoking, and secondhand smoke are the best ways to prevent the development of chronic lower respiratory disease

Chronic Lower Respiratory Disease

- Cigarette smoking is the main cause of COPD
 - Men who smoke are 12 times more likely to die of COPD than men who have never smoked

Chronic Lower Respiratory Disease

- Damage to the lungs from COPD cannot be repaired
 - If found early, the rate of progression can be slowed
 - Symptoms include shortness of breath, ongoing cough, and chest tightness
 - Your doctor can give you a simple test for COPD

Chronic Lower Respiratory Disease

- Emphysema and chronic bronchitis also are strongly associated with lung cancer

Stroke

- African-American men have a higher risk of disability and death from stroke than white men
 - This is partly because more African-American men have high blood pressure, a major stroke risk factor

Stroke

- Risk factors associated with having a stroke such as family history and age cannot be avoided
- Your ability to recognize a stroke and act F.A.S.T can make all the difference

Stroke

- FAST
 - F = Facial Weakness
 - Can the person smile?
 - Have his or her mouth or eyes drooped?

Stroke

- A = Arm Weakness
 - Can the person raise both arms?
 - Is one arm slightly lower than the other?
- S = Speech/Sight Difficulty
 - Can the person speak or see clearly and understand what you say?

Stroke

- T = Time to Act
 - Time lost is brain lost
 - Call 911

Diabetes

- Although the occurrence of diabetes is increasing, one-third of individuals do not know they have diabetes
- Type 2 diabetes is rising at an alarming rate in younger individuals and men

Diabetes

- Amputation of limbs, heart disease, erectile dysfunction, and nerve damage can be the end result of untreated diabetes
- A simple blood test can detect diabetes and simple lifestyle changes, such as being physically active and eating healthier, can help prevent it

Nephritis (Kidney Disease)

- Nephritis is the inflammation of one or both kidneys, which can alter the kidney's ability to properly filter the blood and the body of unwanted chemicals and excess fluids
- Symptoms include dark urine and swelling of the feet, ankles, legs, and hands

Nephritis (Kidney Disease)

- Continuously using certain medications, such as aspirin, for long periods of time can take a toll on the kidneys' ability to function properly
- Although some kidney diseases can be short-term issues, most individuals with kidney disease experiences on-going problems

Suicide

- Despite society's strong portrayal of men and their ability to handle life's stress, men are more likely to successfully commit suicide than women
- Mental and emotional health are equally as important as physical health

Suicide

- Depression is treatable
 - Importance lies in the warning signs of someone who is contemplating suicide
 - Sudden social withdrawal and inability to handle major losses

Suicide

- Increase in alcohol and drug usage could also be seen as a warning sign of someone suffering from depression

Pneumonia / Influenza

- Men who are 65 years of age or older, have impaired immune systems, or other chronic health issues are affected most
- Washing hands often and coughing into a tissue will help prevent the spread of influenza
 - *ADPH Cover Your Cough* campaign

Pneumonia / Influenza

- **Seek medical attention if symptoms become worse**
 - **Help avoid complications such as pneumonia**

Alzheimer's Disease

- **An irreversible disease that affects the brain**
 - **Causes gradual memory loss, language difficulty, emotional instability, and behavior changes**

Alzheimer's Disease

- **Stay physically and socially active**
 - **Recreational reading, and solving puzzles are ways to help keep the brain strong and alert**

References

- **Centers for Disease Control and Prevention. Leading Causes of Death in Males United States. <http://www.cdc.gov/men/lcod/index.htm>**
- **Office on Women's Health in the Office of the Assistant Secretary for Health at the U.S. Department of Health and Human Services [.http://www.womenshealth.gov/mens-health/top-health-concerns-for-men/cancer.cfm](http://www.womenshealth.gov/mens-health/top-health-concerns-for-men/cancer.cfm)**
- **The ADPH Cardiovascular Health (CVH) Program's <http://adph.org/cvh/Default.asp?id=938>**
- **Men's Health. The Alabama Department of Public Health. <http://adph.org/menshealth>**