Men’s Health: How Men Can Take Charge of Their Healthcare

Presented by
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How Men Can Take Charge of Their Healthcare

• Introduction
• Why should I be worried about this?
• Facts and figures
• Research: What we know so far
• Ways to take charge
• Questions and comments
Introduction

• A little about me
• This is interactive
• We want to hear from you
• This is not just for men
Why Should I be Worried About This?

• Everyone should be concerned
• Men are not doing well on most major health indicators
• It does not have to be that way
• Today is about **taking charge** of your healthcare
• Be assertive
Facts and Figures

• Men have poorer health outcomes than women across all age groups in most Western and some non-Western countries
• Findings are robust
• In U.S. men have higher mortality rates than women for the 15 leading causes of death (exception: Alzheimer’s)
• Men more likely to suffer from chronic conditions and fatal diseases

(Cordier & Wilson, 2013)
Facts and Figures

- Male suicide rates are 4 to 12 times higher than women
- Men have higher rates of substance abuse
- Men have shorter life expectancy (76 vs. 81)
- Underprivileged men are at even higher risk
- Men 25% less likely to have visited physician in past year
- Men 40% more likely to skip recommended screenings

(American Psychological Association, 2011)
Why?

• We want to hear from you?
• Your ideas?
• Your comments?
• Your experiences?
• Why don’t men go to the doctor more often?
AFTER 39 YEARS AND 11 MONTHS OF STUBBORNLY WANDERING THE DESERT, MOSES' WIFE DECIDES TO ASK FOR DIRECTIONS TO THE PROMISED LAND.
What Do We Know?

• Stereotype: Men don’t like to ask for help
• Research validates this belief
• So why is that?
• What does it mean to be a man?
• Self-reliance, competitiveness, emotional control, power over others, aggression
• May be a barrier to seeking help

(Mansfield, Addis, & Mahalik, 2003)
What Do We Know?

- Men have a “fix it” approach
- Our behavior is not always consistent with our values
- Lifestyle change is often hard but can be accomplished and is vital
- Shift to self-management/patient as consumer
- Taking charge means participating and collaborating in your healthcare
- Many different motivations for doctor visits
The Role of Motivation

- What motivates you?
- External
- Internal
- Identify your values and motivations
- Connect behavior with your values
- Dr. Yousef book
- Medical world will not do this for you
Values Exercise

- What really matters to you?
- What sort of person do you want to be?
- What do you want to do with your life?
- We all want to be in the bullseye
- Where are you now?
- What are your barriers to getting closer to the bullseye?
- Key is to connect our daily behaviors as closely as possible with our values
Taking Charge of Your Healthcare

• Go to the doctor and collaborate
• Bring someone with you that you trust
• Write down questions and bring them to visit
• Give the doctor as much information as you can about your health history
• Do not leave out information because it is embarrassing to discuss
What happened in 1998 that led to many more men going to see their doctors?
10 Questions To Ask At Your Doctor Visits

- What is the test for?
- How many times have you done this procedure?
- When will I get the results?
- Why do I need this treatment?
- What are the alternatives?

(AHRQ, 2010)
10 Questions To Ask At Your Doctor Visits

- What are the possible complications?
- Which hospital is best for my needs?
- How do you spell the name of that drug?
- Are there any side effects?
- Will this medicine interact with medicines that I’m already taking?

(AHRQ, 2010)
Taking Charge Review

- Encourage your sons to participate
- Be a good role model
- Women have a major role
- Match your behavior with your values
- Collaborate with your medical team
- Regular visits to doctor
- Be assertive with your healthcare providers
In Conclusion

- In review
- Questions?
- Comments?
Thank You!