



MEN'S HEALTH: WHAT EVERY DAD NEEDS TO KNOW

January 27, 2022

WELCOME!

Goal: To provide a basic understanding of how important men's health is, particularly for fathers.

Objectives:

- Understand what happens to a *man's* body when he becomes a father.
- Learn ways to make healthy lifestyle choices as a father.
- Know how to get health services at no additional cost.

OVERVIEW

- Facts
- Transition into Fatherhood
- 10 Ways to Improve Your Health Through Lifestyle Choices
- Important Additional Point
- Healthcare Cost
- Review

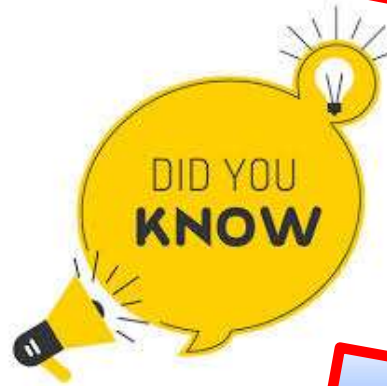


FACTS

Father's Day in the United States is the 3rd Sunday of every June. This year's date is June 19, 2022.

June 19th is also the newest federal holiday called "Juneteenth," which commemorates the end of slavery in Texas.

There are health conditions that only affect men: prostate cancer and enlarged prostate.



The # 1 cause of death for African-American men is heart disease.

Heart disease is also the # 1 cause of death for men of all races & origins in the U.S.!

FATHERHOOD TRANSITION

- Prior to a child's birth, many men experience a drop in testosterone, but some studies show an increase in hormones for feeling satisfied and bonding with the child.
- A man's health needs are especially important during the transition into fatherhood.
- Many times, poor physical and mental health have been observed during that transition into fatherhood.
- When a man takes better care of his physical and mental health, he may find it easier to care for a child.



FATHERHOOD TRANSITION CONTINUED...

- Peaks of the feel-good hormones tend to rise in men when they play with a child.
- This can be much more challenging if a father is not taking care of his physical and mental health.

**Most men need to pay more attention to their health.
Compared to women, men are more likely to:**



- Smoke and drink
- Make unhealthy or risky choices
- Put off regular checkups and medical care

BETTER LIFESTYLE CHOICES

- The good news is that making a few lifestyle changes can significantly lower a father's risk of the common causes of men's disease and death.
- There are 10 ways that any man, especially fathers, can take charge of their health. They include making better lifestyle choices and communicating with a health care provider.
- Let's take a look:



BETTER LIFESTYLE CHOICES

- 1) **Don't smoke** — in addition to harming your own health, the secondhand smoke can have very harmful effects on infants and children.
- 2) **Eat a healthy diet** — you can still enjoy occasional sweets and higher-sugar or salt foods and drinks, but the majority of the time choose more whole grains/high-fiber foods, lean cuts of meat/protein, vegetables, and some fruit.
- 3) **Maintain a healthy weight** — losing excess pounds (and keeping them off) can lower your risk of heart disease as well as various types of cancer.

BETTER LIFESTYLE CHOICES

- 4) **Get moving** – all physical activity benefits your health.
Stretching, strength training, cardio, and balance training are the 4 elements of exercise. Taking the steps, doing housework, and yard work are also beneficial.
- 5) **Limit alcohol** – if you choose to drink alcohol, do so only in moderation. Too much alcohol can raise your blood pressure and increase your risk of heart attack, stroke, and possibly liver cancer.
- 6) **Manage stress** – if you feel constantly on edge or under pressure, your lifestyle habits may suffer — and so might your immune system.

BETTER LIFESTYLE CHOICES

- 7) **Know your family's health history** – ask questions of living relatives on your mother and father's side of the family. If that's not an option, you can research death records that may indicate cause of death.
- 8) **Get screening tests** – to check for health problems before you have symptoms and
- 9) **Get your vaccines (shots)** – make sure you're up to date on the vaccines/shots that are recommended for your age group.
 - ❖ <https://health.gov/myhealthfinder>
 - ❖ <https://www.prevention.va.gov/docs/NCP-CPS-Recommend-Men-Letter-v03.pdf>

BETTER LIFESTYLE CHOICES

10) Do a mental health check – suicide is another leading men's health risk. An important risk factor for suicide among men is depression. Talk to your healthcare provider or someone you trust; treatment is available.

- ❖ National Suicide Prevention Lifeline (800-273-8255)
- ❖ 911 or your local emergency number
- ❖ The nearest emergency room



REMEMBER...

Understanding health risks is one thing. Taking action to reduce your risks is another. Start by making healthy lifestyle choices. The impact might be greater than you'll ever know...especially ***when you are a father!***

IMPORTANT ADDITIONAL POINT



Some children live in a household with two fathers instead of a traditional father and mother.

- Just like all other men – gay, bisexual, and other men who have sex with men need to know how to protect their health throughout their life.
- Compared to other men, they are additionally affected by higher rates of HIV and other sexually transmitted infections or diseases, tobacco use, drug use, and depression.

WHAT ABOUT COST?

- Under the Affordable Care Act, insurance plans must cover many preventive services.
- Depending on your insurance plan, you may be able to get services like screenings and vaccines at no cost to you. Check with your insurance company to find out more.
- If you don't have insurance, you may still be able to get free or low-cost health services.



REVIEW

- A father-to-be will experience physical changes that can help him bond better with his child as he helps care for the child. However...
- It is very important that fathers take good care of their own physical and mental well-being during this exciting yet sometimes stressful time.
- There are many steps a father can take to maintain or improve healthy lifestyle habits. Mental well-being is part of that!
- Many preventive health screenings and exams are free.

RESOURCES

For more detailed information on healthy lifestyle steps mentioned in today's presentation, please:

- 1) Let us know if you are interested in attending more classes.
MPCCaseManagement@EvolentHealth.com
Phone: 800-953-8854 or 502-221-3213
- 2) Visit the MPC website:
<https://www.marylandphysicianscare.com/members/health-and-wellness/>
- 3) Download and create a free account on the “MyVirtualMPC” app.

Q & A

