



# Men's Health

**Men's Health Week is celebrated each year as the week leading up to and including Father's Day.**

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Men's Health Week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

## Men's Health Is A Family Issue

To quote former Congressman Bill Richardson (Congressional Record, H3905-H3906, May 24, 1994):

**"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."**

Simple, pain-free, medical screenings can help save men's lives. For more information: [www.menshealthweek.org](http://www.menshealthweek.org).

## Recommended health screenings for men include:

- Physical Exam including:
  - Cholesterol
  - Blood Pressure
  - Diabetes
- Prostate Cancer - PSA Blood Test
- Colon Cancer - Rectal Exam; Hemoccult (screening for polyps or early signs of colon cancer)
- EKG - Screen for Heart Abnormalities
- Dental Exams

All men should check with their health care provider to determine when and how often the above tests are recommended. Some screenings are recommended beginning as early as 20 years old.



# Five Ways Men Can Live Healthier Lives. Try One Today!

## Get Regular Exams, Screenings and Treatment

- Get regular health and dental checkups from your healthcare provider.
- When problems are found early, your chances for a cure are better.

## Aim for a Healthy Weight

- Eat 5-9 servings of vegetables and fruits each day.
- Check product labels to learn about serving sizes.
- Engage in 30 minutes of moderate physical activity daily.
- Get moving. Add walking, bicycling or racket sports to your day.



## Be Well Emotionally and Mentally

- Develop friendships and a support networks.
- Physical activity can reduce stress, anxiety and depression.
- Seek help for depression and anxiety that won't go away.

## Live Smoke Free and Drink Responsibly



- When you quit smoking, your heartbeat slows to normal. Your lungs begin to repair themselves.
- Avoid secondhand smoke. Smoke that you breathe when others smoke also affects your health.
- Limit yourself to 1 alcoholic drink a day.



## Stay Safe and Protect Yourself

- Wear seatbelts and helmets to prevent injury.
- Use sunscreen to prevent skin cancer.
- Put smoke alarms and carbon monoxide detectors in your home.

(modified from NH DHHS-Women's Health Week coalition)



# Men and Depression

(adapted from SAMHSA <http://www.samhsa.gov>)

## Fast Facts

- Men are less likely than women to recognize and seek help for depression. Men have different ways of dealing with depression, often turning to alcohol or drugs.
- Men commit suicide four times more often than women do.
- More men than women abuse drugs and alcohol and initiate violence.
- Depressed men are twice as likely as non-depressed men to develop coronary heart disease or have a sudden cardiac death (heart attack).

## Signs of Depression

- Loss of energy
- Significant weight loss or gain
- Feelings of sadness or guilt
- Inability to concentrate or sleep
- Sleeping more than usual
- Drinking alcohol more than usual
- Distancing yourself from family and friends.

**Depression can – and should – be treated.**

For more information, contact:  
SAMHSA's National Mental Health Information Center  
1-800-789-2647  
<http://www.mentalhealth.samhsa.gov/cmhs/>



# Women's Health



## Heart disease

Heart disease is the number one cause of death in women in New Hampshire. Approximately 1 in every 3 women has high cholesterol - a leading risk factor for developing heart disease. Inactivity, high blood pressure and being overweight can also lead to heart disease.

## Cancer

Cancer is the second leading cause of death in women in New Hampshire. Cancer of the lung, breast and colon are the leading causes of death from cancer. Approximately 23% of New Hampshire women are cigarette smokers. Lung cancer is primarily caused by smoking.

## Diabetes

Diabetes is the third leading cause of death in women in New Hampshire. Nationally, diabetes is the fifth leading cause of death.

## Stroke

Stroke is the fourth leading cause of death for New Hampshire women. More than twice as many women die from stroke than breast cancer each year.

## Obesity and being overweight

Obesity and being overweight are leading risk factors for all diseases and conditions described above. In New Hampshire, approximately 43% of women are overweight.

For more information on women's health go to: [www.4woman.gov](http://www.4woman.gov).



# Five Ways Women Can Live Healthier Lives. Try One Today!

## Get Regular Exams, Screenings and Treatment

- Get regular health and dental checkups from your healthcare provider.
- When problems are found early, your chances for a cure are better.

## Aim for a Healthy Weight

- Eat 5-7 servings of vegetables and fruits each day.
- Check product labels to learn about serving sizes.
- Engage in 30 minutes of moderate physical activity daily.
- Get moving - add walking, dancing or bicycling to your day.



## Be Well Emotionally and Mentally

- Develop friendships and a support network with which you can share joys and frustrations.
- Physical activity can reduce stress, anxiety and depression.
- Seek help for depression and anxiety that won't go away.

## Live Smoke Free and Drink Responsibly



- When you quit smoking, your heartbeat slows to normal. Your lungs begin to repair themselves.
- Avoid secondhand smoke. Smoke that you breathe when others smoke also affects your health.
- Limit yourself to 1 alcoholic drink a day.

## Stay Safe and Protect Yourself

- Wear seatbelts and helmets to prevent injury.
- Use sunscreen to prevent skin cancer.
- Put smoke alarms and carbon monoxide detectors in your home.
- Call a crisis center if you have experienced domestic violence or sexual assault. In New Hampshire call 1-800-277-5570; you will be connected to the crisis center nearest you.



(developed by NH DHHS-Women's Health Week coalition)



# Women and Depression

(Adapted from SAMHSA <http://www.samhsa.gov>)

## Fast Facts

- One in four women will experience severe depression at some point in their life.
- Depression affects twice as many women as men, regardless of racial and ethnic background or income.
- Depression is the number one cause of disability in women.
- In general, married women experience more depression than single women, do and depression is common among young mothers who stay at home full-time with small children.
- Women who are victims of sexual and physical abuse are at much greater risk for depression.
- At least 90 percent of all cases of eating disorders occur in women and there is a strong relationship between eating disorders and depression.
- Depression can put women at risk for suicide. While more men than women die from suicide, women attempt suicide about twice as often as men do.
- Only about one-fifth of all women who suffer from depression seek treatment.
- Depression can - and should - be treated.

For more information, contact:  
SAMHSA's National Mental Health Information Center  
1-800-789-2647  
<http://www.mentalhealth.samhsa.gov/cmhs>

