

## Men's Health

### Key Findings

In 2008, over one-third of Auglaize County males (37%) had a Prostate-Specific Antigen (PSA) test during their lifetime. Over half (55%) had a digital rectal exam at some time. Major cardiovascular diseases (heart disease and stroke) accounted for 36% and cancers accounted for 25% of all male deaths in Auglaize County from 2004-2006. The health assessment determined that 7% of men had a heart attack, and 3% had a stroke at some time in their life. Over one-third (34%) of men had been diagnosed with high blood pressure, 34% had high blood cholesterol, and 19% were identified as smokers, which, along with obesity, are known risk factors for cardiovascular diseases.

### Men's Health Screenings

- ◆ Over one-third (37%) of Auglaize County males had a Prostate-Specific Antigen (PSA) test and 55% had a digital rectal exam in their lifetime.
- ◆ 72% of males age 50 and over had a PSA test at some time in their life, and 45% had one in the past year.
- ◆ 88% of males age 50 and over had a digital rectal exam at some time in their life, and 47% have had one in the past year.
- ◆ 2% of men had been told they had prostate cancer increasing to 5% of those over the age of 50.

### Men's Health Concerns

- ◆ From 2004-2006, major cardiovascular diseases (heart disease and stroke) accounted for over one-third (36%) of all male deaths in Auglaize County (*Source: ODH Information Warehouse*).
- ◆ In 2008, the health assessment determined that 7% of men had a heart attack and 3% had a stroke at some time in their life.
- ◆ The ODH Information Warehouse reports Auglaize County and Ohio heart disease and cancer age-adjusted mortality rates much higher in men than in women.
- ◆ Major risk factors for cardiovascular disease include smoking, obesity, high blood cholesterol, high blood pressure, physical inactivity, and diabetes. In Auglaize County the 2008 health assessment has identified that:
  - 19% of all men were current smokers (21% U.S., 24% Ohio, 2007 BRFSS)
  - 80% were overweight or obese (70% U.S., 71% Ohio, 2007 BRFSS)
  - 34% were diagnosed with high blood cholesterol (39% U.S., 42% Ohio, 2007 BRFSS)
  - 34% were diagnosed with high blood pressure (28% U.S. and 29% Ohio, 2007 BRFSS)
  - 53% were exercising less than three days per week (includes 3% who were unable to exercise)
  - 8% have been diagnosed with diabetes (8% U.S., 9% Ohio, 2007 BRFSS)
- ◆ From 2004-2006, the Ohio Department of Health Information Warehouse statistics showed that 25% of all male deaths in Auglaize County were from cancers.
- ◆ In 2004-2006, the leading causes of cancer deaths for Auglaize County men were lung, colorectal, prostate, non-hodgkins lymphoma, and esophagus cancers (*Source: ODH Information Warehouse*). Statistics from the same period for Ohio show lung, prostate, colorectal, esophagus, and non-Hodgkins lymphoma as the leading causes of cancer.
- ◆ In Auglaize County and in Ohio lung cancer mortality rates are higher in men than in women.

### Auglaize County - Male Leading Types of Death, 2004 - 2006

1. Heart Diseases (30% of all deaths)
2. Cancers (25%)
3. Stroke (6%)
4. Accidents – Unintentional Injuries (5%)
5. Chronic Lower Respiratory Diseases (5%)

(Source: ODH Information Warehouse)

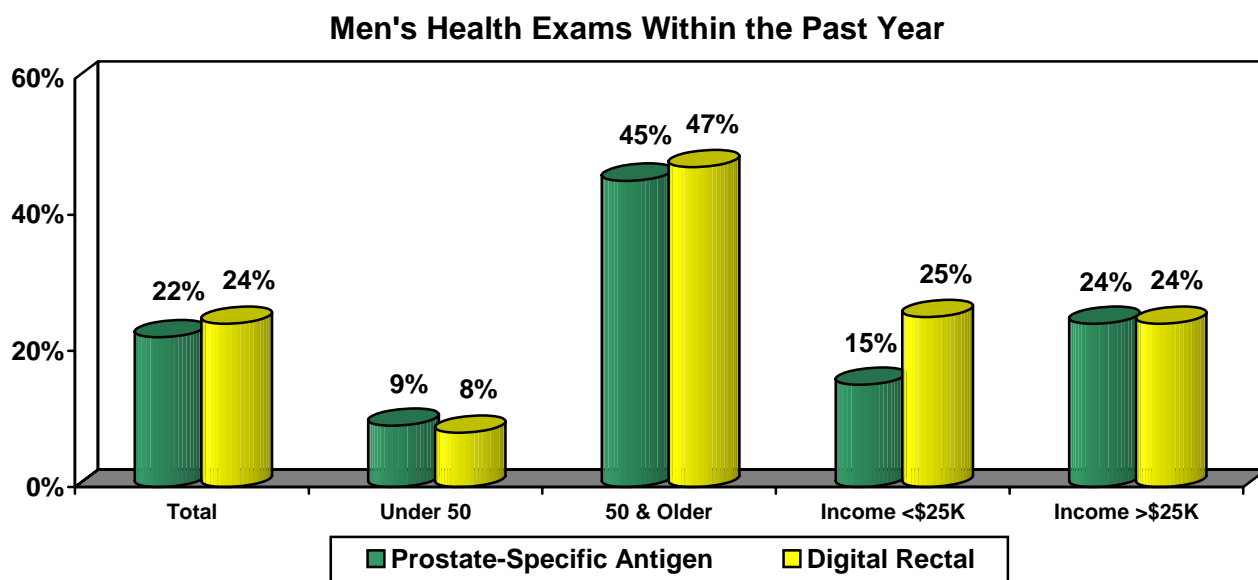
### Ohio - Male Leading Types of Death, 2004 - 2006

1. Heart Diseases (27% of all deaths)
2. Cancers (25%)
3. Chronic Lower Respiratory Diseases (6%)
4. Accidents- Unintentional Injuries (5%)
5. Stroke (5%)

(Source: ODH Information Warehouse)

## Men's Health

The following graph shows the percentage of Auglaize County males surveyed that have had the listed health exams in the past year. Examples of how to interpret the information shown on the graph include: 22% of Auglaize County males have had a PSA test within the past year and 24% have had a digital rectal exam.



### Cancer Issues for Men

- ❖ An American man has a one in two chance of developing cancer over his lifetime.
- ❖ Overall, cancer death rates are higher in men than women in every racial and ethnic group, but African American men have the highest rates of dying from cancer among all men.
- ❖ Overall, rates of new cases of cancer are higher in men than women. African American men have the highest rates of *new* cases of cancer each year followed by White, Asian/Pacific Islander, Hispanic/Latino, and American Indian/Alaska Native men.
- ❖ Lung cancer is, by far, the most common fatal cancer in men (31%), followed by prostate (10%), and colon & rectum cancers (10%). The good news is that the rates of new cases of lung cancer in men have declined in recent years.
- ❖ Many cancers can be found early through regular screening tests, especially colon and prostate cancer. These simple tests can save your life. Without them, men usually do not notice symptoms of colon or prostate cancer until the disease is advanced.
- ❖ A nationwide survey shows that most men have not talked with their health care providers about their risk for colon cancer, and that almost half are not concerned about developing it — even though it is the nation's second most deadly cancer.
- ❖ Men ages 15-35 are more at risk for testicular cancer, one of the most curable cancers when found early.

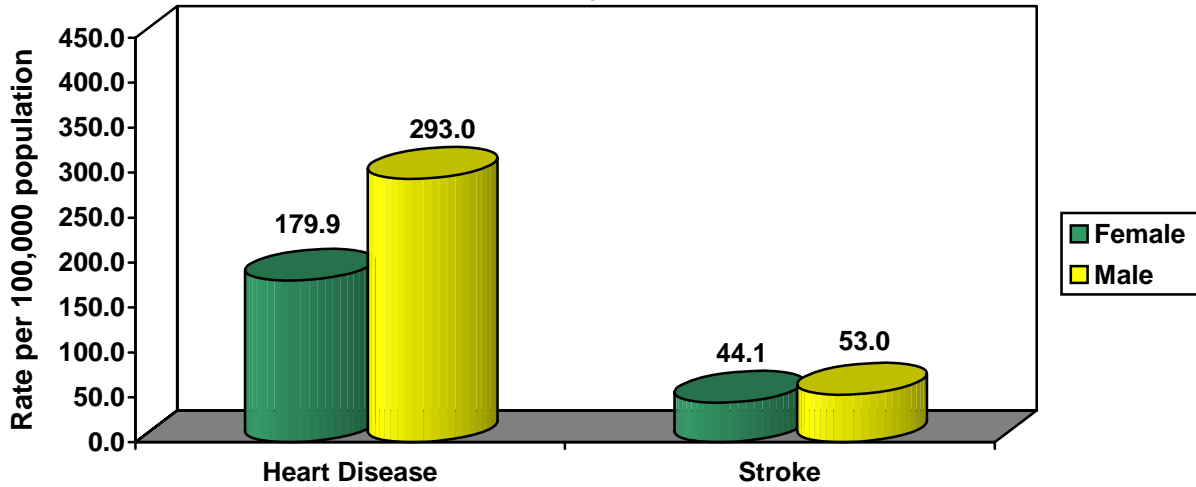
(Source: US Dept. of Health and Human Services, Office on Women's Health, [www.4woman.gov/Mens/Cancer.htm](http://www.4woman.gov/Mens/Cancer.htm))

## Men's Health

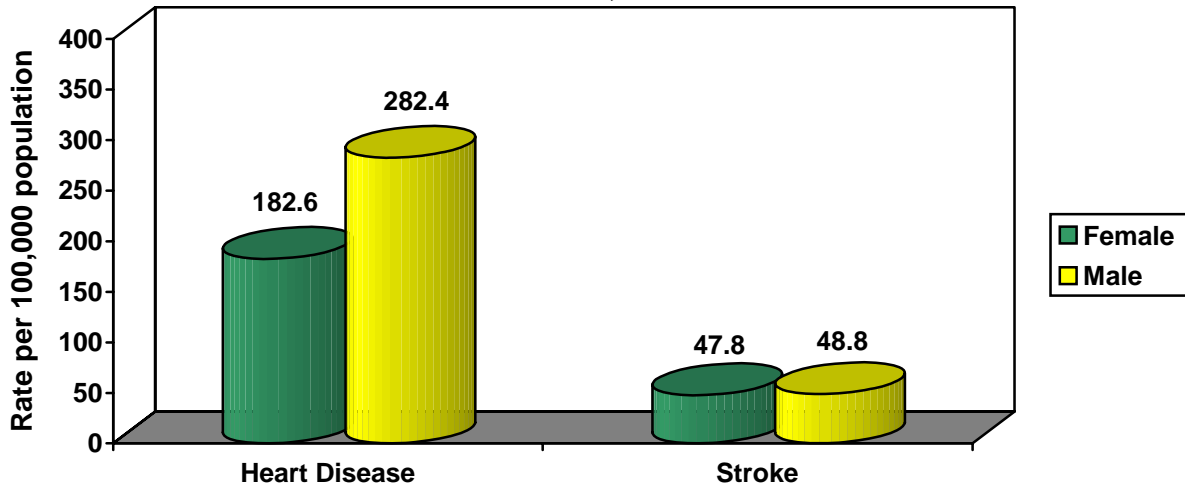
The following graphs show the Auglaize County and Ohio age-adjusted mortality rates per 100,000 population for men's cardiovascular diseases. The graphs show that:

- ◆ From 2004-2006, the Auglaize County and Ohio male heart disease age-adjusted mortality rates exceed the female rates.
- ◆ In Auglaize County, the age-adjusted stroke rate is greater in males than in females. Ohio's age-adjusted stroke rate was slightly higher for males than females.

**Auglaize County Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2004-2006**



**Ohio Age-Adjusted Heart Disease and Stroke Mortality Rates By Gender, 2004-2006**



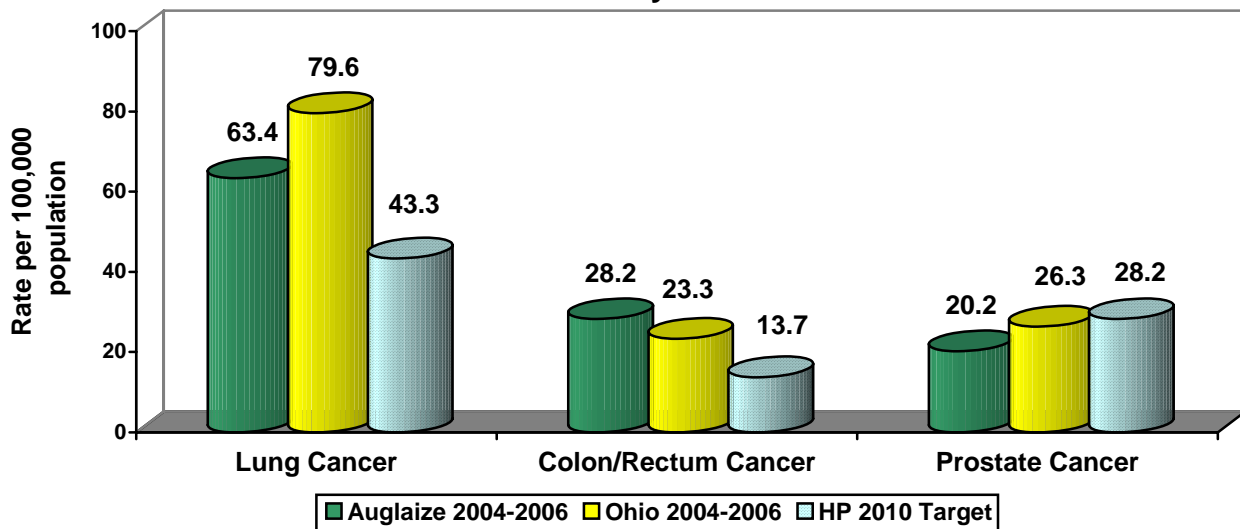
*(Source for graphs: ODH Information Warehouse)*

## Men's Health

The following graph shows the Auglaize County age-adjusted mortality rates per 100,000 population for men's health with comparison to Healthy People 2010 objectives when available. The graph shows:

- ◆ From 2004-2006, the Auglaize County age-adjusted mortality rate of 63.4 for male lung cancer was about twice the female rate of 33.4 deaths per 100,000 population.
- ◆ Additional information from the ODH Information Warehouse indicates that lung cancer took the lives of 32 women and 44 men in Auglaize County from 2004-2006.
- ◆ The age-adjusted prostate cancer mortality rate in Auglaize County for 2004-2006 was below the Ohio rate and the Healthy People 2010 objective.

**Auglaize County Male Age-Adjusted Cancer Mortality Rates**



*(Source: ODH Information Warehouse and Healthy People 2010)  
Please note the Healthy People 2010 target rates are not gender specific.*