

Men's Health

Key Findings

In 2005, less than half of Sandusky County males (44%) have had a Prostate-Specific Antigen (PSA) test in their lifetime. Over half (62%) had a digital rectal exam at some time. Major cardiovascular diseases (heart disease and stroke) accounted for 32% and cancers caused 24% of all male deaths in Sandusky County from 2000-2002. The health assessment determined that 7% of Sandusky County men have been diagnosed with angina (chest pain) and/or coronary heart disease. Over one-third (39%) of men had been diagnosed with high blood pressure, 36% had high blood cholesterol, and 23% were identified as smokers, known risk factors for cardiovascular diseases.

Men's Health Screenings

- ◆ Less than half (44%) of Sandusky County males had a Prostate-Specific Antigen (PSA) test and 62% have had a digital rectal exam in their lifetime. Those ages 60 and older were most likely to have had both of these tests in the past year (82% compared to 58% of those ages 59 and under).
- ◆ In 2005, 3% of all Sandusky County men reported they had been diagnosed with prostate cancer.

Men's Health Concerns

- ◆ From 2000-2002, major cardiovascular diseases (heart disease and stroke) accounted for nearly one-third (32%) of all male deaths in Sandusky County (*Source: ODH Information Warehouse*).
- ◆ In 2005, the health assessment determined that 7% of all Sandusky County men had been diagnosed with angina (chest pain) and/or coronary heart disease, which is twice the rate for women.
- ◆ The ODH Information Warehouse reports Sandusky County and Ohio heart disease and stroke 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 Sandusky County the 2005 health assessment has identified that:
 - 23% of all men were current smokers (23% U.S., 27% Ohio, 2004 BRFSS)
 - 81% were overweight or obese (68% U.S., 69% Ohio, 2002 BRFSS)
 - 36% were diagnosed with high blood cholesterol (34% U.S., 35% Ohio, 2003 BRFSS)
 - 39% were diagnosed with high blood pressure (25% U.S. and 27% Ohio, 2003 BRFSS)
 - 45% were exercising less than three days per week (includes 4% who were unable to exercise)
 - 12% have been diagnosed with diabetes (7% U.S., 8% Ohio, 2004 BRFSS)
- ◆ From 2000-2002, the Ohio Department of Health Information Warehouse statistics showed that 24% of all male deaths in Sandusky County were from cancers.
- ◆ In 2000-2002, the leading causes of cancer deaths for Sandusky County men were lung, prostate, colorectal, Non-Hodgkins Lymphoma, and bladder cancers (*Source: ODH Information Warehouse*). Statistics from the same period for Ohio show lung, prostate, colorectal, pancreatic cancers and Non-Hodgkins Lymphoma as the leading causes of cancer deaths.
- ◆ In Sandusky County and in Ohio lung cancer mortality rates are nearly twice as high in men as in women.

Sandusky County Male Leading Causes of Death, 2000 - 2002

1. Heart Diseases (27% of all deaths)
2. Cancers (24%)
3. Chronic Lower Respiratory Diseases (6%)
4. Stroke (5%)
5. Accidents (Unintentional Injuries) (5%)

(Source: ODH Information Warehouse)

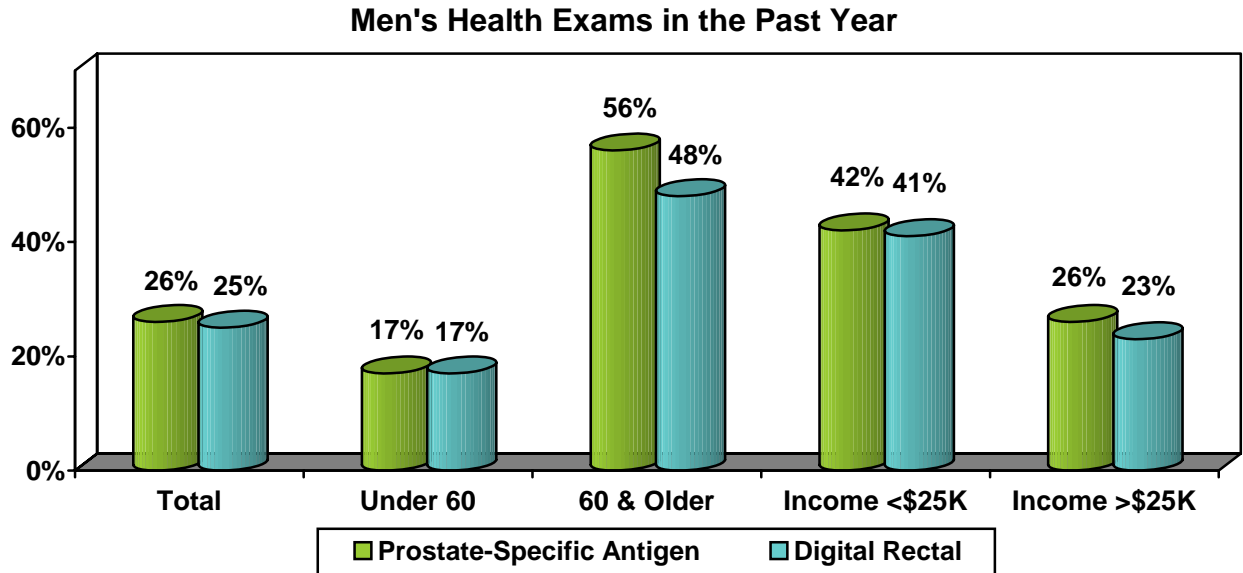
Ohio Male Leading Causes of Death, 2000 - 2002

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

(Source: ODH Information Warehouse)

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The following graph shows the percentage of Sandusky County males that have had the listed health exams in the past year. Examples of how to interpret the information shown on the graph include: 26% of Sandusky County males have had a PSA test within the past year and 25% have had a digital rectal exam.



Cancer Issues for Men

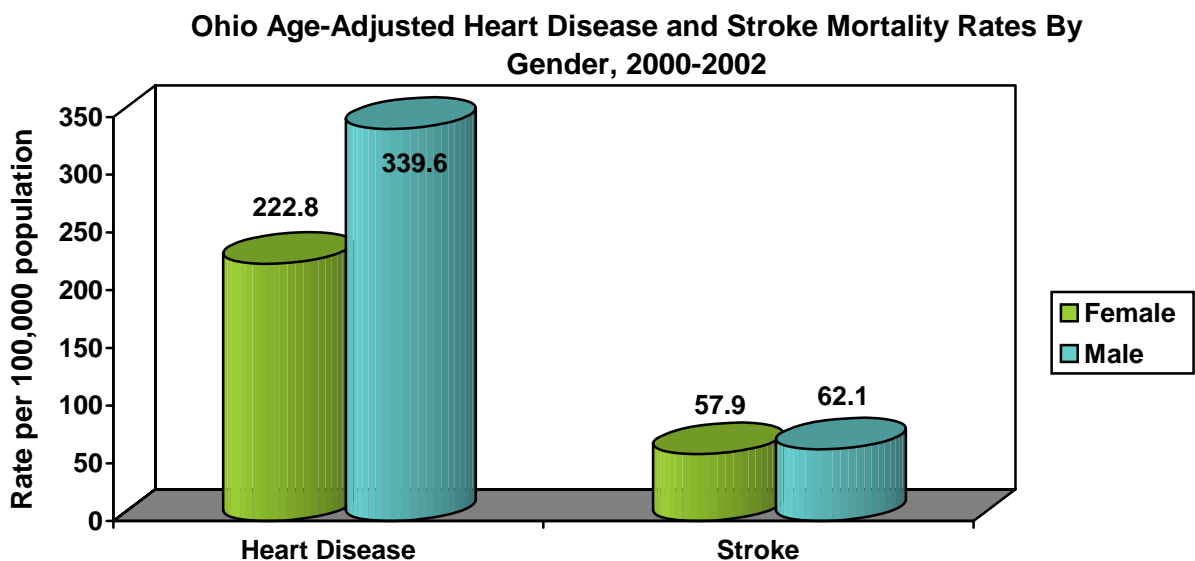
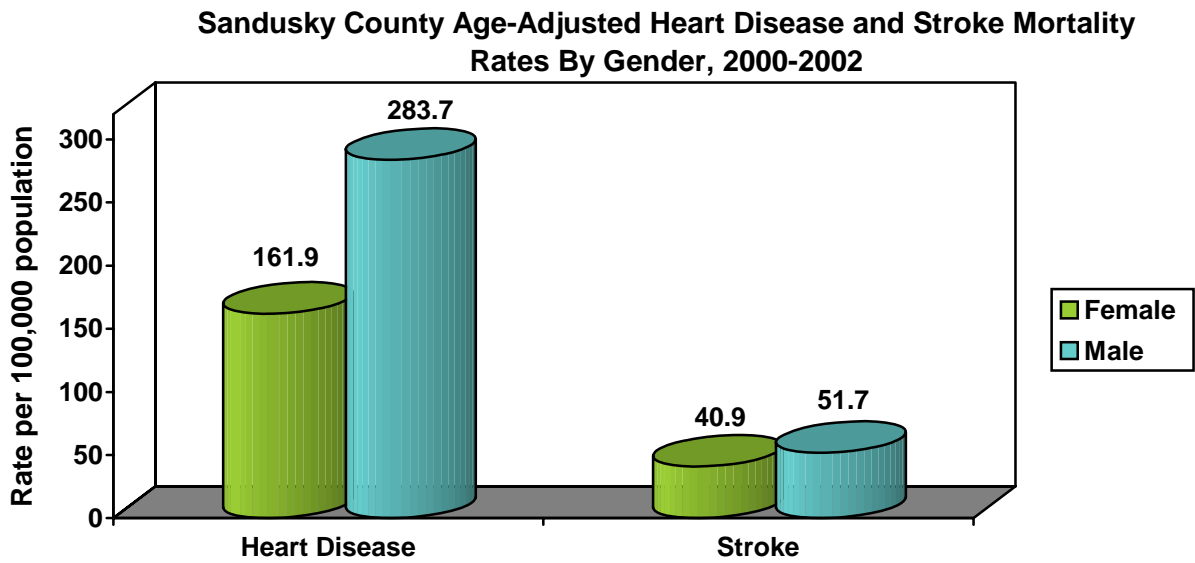
- ❖ An American man has a one in two chance of developing cancer over his lifetime.
- ❖ Overall, cancer death rates are higher in men than women in every racial and ethnic group, but African American men have the highest rates of dying from cancer among all men.
- ❖ Overall, rates of new cases of cancer 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 won't 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 most common cancer for men.
- ❖ 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)

Men's Health

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

- ◆ From 2000-2002, the Sandusky County and Ohio male heart disease and stroke age-adjusted mortality rates exceed the female rates.



(Source for graphs: ODH Information Warehouse)

Men's Health

The following graph shows the Sandusky 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 2000-2002, the Sandusky County age-adjusted mortality rate of 72.8 for male lung cancer was almost two times higher than the female rate of 38.2 deaths per 100,000 population.
- ◆ Additional information from the ODH Information Warehouse indicates that lung cancer took the lives of 37 women and 74 men in Sandusky County from 2000-2002.
- ◆ The age-adjusted prostate cancer mortality rate in Sandusky County for 2000-2002 was above the state rate.

