

MEN'S HEALTH QUIZ ANSWERS

1. WEARING HATS CAN CONTRIBUTE TO BALDNESS.

FALSE. There is no evidence that wearing a hat causes baldness. Male pattern baldness occurs because hair follicles become smaller. The result: shorter, finer hair and eventually no hair at all.

2. MORE MEN DIE FROM PROSTATE CANCER THAN ANY OTHER TYPE OF CANCER.

FALSE. Lung cancer is the leading cause of cancer deaths in both men and women in the United States. Prostate cancer is the second-leading cause of cancer death in men.

3. CANCER IS THE LEADING CAUSE OF DEATH IN AMERICAN MEN.

FALSE. Heart disease is the leading cause of death for men and women in the United States.

4. MEN WHO WEAR UNDERWEAR BRIEFS HAVE LOWER SPERM COUNTS.

FALSE. Although prolonged high temperatures may affect sperm count, evidence that wearing briefs leads to lower sperm counts is inconsistent.

5. MEN CAN GET BREAST CANCER.

TRUE. Although it's rare, men can get breast cancer. In addition to older age, risk factors include family members (male or female) with breast cancer, a genetic condition associated with high estrogen levels, chronic liver disorders, alcoholism and obesity.

6. MEN DO NOT HAVE TO WORRY ABOUT OSTEOPOROSIS.

FALSE. Osteoporosis is seen less often in men because of their larger skeletons and the fact they don't go through menopause, which causes rapid hormonal changes and bone loss in women. However, some men are at increased risk for osteoporosis. Risk factors include age, low levels of testosterone, alcohol abuse, smoking, gastrointestinal disease, use of steroid medications and immobilization.

7. DRINKING BEER CAN CONTRIBUTE TO A MAN'S "BEER BELLY"

TRUE. Excess calories of any kind - including extra calories from beer - can increase belly fat. It's easy to overdo the calories from beer or other alcoholic beverages, along with unhealthy foods consumed while drinking.

8. MEN ARE MORE LIKELY THAN WOMEN TO SUFFER TRAUMATIC BRAIN INJURIES.

TRUE. Males are about twice as likely as females to sustain traumatic brain injuries caused by a jolt to the head or a penetrating head injury. Prevention tips including wearing a seatbelt when driving or riding in a motor vehicle and wearing a helmet when riding a bike or playing contact sports.

9. MEN AND WOMEN ARE DIFFERENT IN THEIR NUTRITIONAL NEEDS.

TRUE. Foods men should include in their diets to improve health and prevent disease include bananas, broccoli, fatty fish such as salmon and tuna, whole grains, berries/cherries and red or orange vegetables.

10. "REAL" MEN ONLY SEE THE DOCTOR WHEN THERE'S A MAJOR PROBLEM.

FALSE. It is important to take an active role in your health care by getting regular checkups and age-appropriate screening tests. With prevention and early detection, you can stop many serious health problems before they start.

PROSTATE CANCER OVERVIEW

Prostate cancer is the most common cancer in American men today

by Timothy Coblenz, M.D.,
Urologic Surgeon

It is the second-leading cause of cancer death in men. Approximately 1 in 6 U.S. men will be diagnosed with prostate cancer, and approximately 1 in 36 will die from the disease.

About 200,000 new cases of prostate cancer are diagnosed each year. Most new cases occur in men aged 50-80. At age 40, men should discuss the benefits of prostate cancer screening with their doctors.

In its earliest and most curable state, prostate cancer often does not produce symptoms. Therefore, physicians rely on detection tools including a blood test to measure the level of prostate-specific antigen (PSA) protein and digital rectal examination (DRE) to check for prostate abnormalities. These methods have been widely used in the United States since the early 1990s.

Treatment options range from active surveillance or "observation" to radiation therapy to surgery and are based on factors including a man's age, overall health and stage of prostate cancer.

The three most important factors for predicting prostate cancer survival are TNM stage, Gleason score and PSA level. TNM describes the extent of the primary tumor (T stage), the absence or presence of spread to nearby lymph nodes (N stage) and the absence or presence of distant spread or metastasis (M stage). The Gleason score is a tumor grading scale of prostate cancer tissue that ranges from 2-10, with higher scores indicating more aggressive disease. PSA levels are also used to assess risk of relapse, with higher pre-treatment PSAs being associated with worse long-term prognosis.

Based on the overall risk of recurrence, prostate cancer is usually placed into three risk groups based on stage, Gleason score and PSA:

- **Low-risk patients** (stages T1-T2a, Gleason ≤ 6 and PSA < 10) are candidates for active surveillance, surgery to remove the prostate (radical prostatectomy), external beam radiation or implanted radiation called "brachytherapy."
- **Intermediate-risk patients** (stages T2b-T2c, Gleason 7 or PSA 10-20) are candidates for radical prostatectomy or external beam radiotherapy. They may also need additional treatment such as temporary reduction in testosterone, called "androgen



According to the most recent data, for all men with prostate cancer, the relative five-year survival rate is nearly 100 percent and the relative 10-year survival rate is 91 percent.



Timothy Coblenz, M.D.



Philip Schneider, M.D.

deprivation," or brachytherapy.

- **High-risk patients** (stages T3a or above, Gleason 8-10 or PSA > 20) are frequently offered external beam radiotherapy with androgen deprivation, while select high-risk patients may undergo a radical prostatectomy.

ROBOTIC-ASSISTED SURGICAL TECHNOLOGY

The introduction of the da Vinci robotic- and computer-assisted surgical system has revolutionized minimally invasive surgery for prostate cancer.

Robotic-assisted surgery has been shown to provide significantly less blood loss and a shorter average hospital stay compared to patients who undergo traditional "open" prostatectomies. Cancer cure rates are similar in both procedures.

The improved visualization offered by da Vinci's 3-D, high-definition optics and precise motions of the surgical instrumentation afford very accurate dissection of the prostate. This precision may lead to improvements in urinary continence and erectile function for patients. Aultman Hospital acquired a da Vinci SI system in 2010. The

first robotic-assisted radical prostatectomy at Aultman was performed July 1, 2010.

IMAGE GUIDED INTENSITY MODULATED RADIATION THERAPY

by Philip Schneider, M.D., Medical Director of Radiation Therapy

An equally effective noninvasive alternative to surgery is Image Guided Intensity Modulated Radiation Therapy (IMRT). Since 2007, Aultman Hospital has utilized Ultrasound Guided IMRT. The Aultman Radiation Therapy Department recently upgraded its linear accelerator with an On-Board Imager and RapidArc technology. The On-Board Imager acquires a 3-D image that is used to localize the prostate prior to delivering each treatment, while RapidArc allows radiation to be delivered from 360 degrees as the machine rotates about the patient. This technique allows for faster treatment times and improves dose distributions, resulting in fewer side effects for patients. This technique is widely applicable and can be used for low-, intermediate- and high-risk patients.

MEN'S HEALTH SCREENINGS: What You Need and When

Health experts at the U.S. Preventive Services Task Force have made the following recommendations, based on scientific evidence, about screening tests for men ages 50 and older.

ABDOMINAL AORTIC ANEURYSM

If you are between the ages of 65 and 75 and have ever been a smoker, talk with your doctor about being screened.

COLORECTAL CANCER

Have a test for colorectal cancer. Your doctor can help you decide what test is right for you.

HIGH CHOLESTEROL

Have your cholesterol checked regularly.

DEPRESSION

Your emotional health is as important as your physical health. If you have felt sad or hopeless over the last two weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.

HIGH BLOOD PRESSURE

Have your blood pressure checked at least every two years. High blood pressure is 140/90 or higher.

DIABETES

Get a blood test for diabetes if you have high blood pressure.

OBESITY

Have your body mass index, which is a measure of body fat based on height and weight, calculated to screen for obesity.

SEXUALLY TRANSMITTED INFECTIONS

Talk to your doctor about being tested for sexually transmitted diseases.



Are You "Aware" of Your Prostate Cancer Risks?

Early detection is key in the fight against prostate cancer. With Aultman's ProstateAware online assessment, you can test your risk and take a proactive approach to your health.

ProstateAware - located in the Health and Wellness section at www.aultman.org - is fast, free and confidential. Other health and cancer risk assessments are also available.

Aultman urges you to test your risk with ProstateAware. For a paper copy of the test, call the Aultman Health Line at 330-363-7600 or 800-393-9337.

MEN'S HEALTH WEEK JUNE 13-19, 2011

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

The purpose of Men's Health Week is to heighten awareness of preventable health problems and encourage early detection/treatment among men and boys. Men's Health Week gives health care providers, public policy makers, the media and individuals the opportunity to encourage males to get regular checkups and be active participants in their health care.

Ask your doctor about being checked for any condition, not just the ones above. If you are worried about diseases - such as glaucoma, prostate cancer or skin cancer, for example - ask your doctor. Always tell your doctor about any changes in your health, including your vision and hearing.

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MEN'S HEALTH

Helping Men with Erectile Dysfunction

The "little blue pill" called Viagra® and other treatments have helped men with sexual dysfunction. However, many men are still dealing with erectile dysfunction (ED) and other related problems because they are embarrassed to seek medical care.

Also called impotence, ED is difficulty maintaining an erection sufficient for sex. Symptoms include trouble getting or keeping an erection and decreased sexual desire. Having occasional erection trouble is common – but ongoing problems can result in stress, relationship strain and decreased self-esteem.

Although it may seem like an awkward conversation, men with ED concerns should talk with their doctors. Erectile problems can be signs of more serious health conditions that need treatment. "The connection between ED and cardiovascular disease is very strong," said Cardiologist Joseph Surmitis, M.D., of Symphony Cardiology and Sexual Medicine in Canton. "If you have ED, you are at greater risk for developing cardiovascular disease. If you have cardiovascular disease, you very likely have already experienced ED."

"Atherosclerosis" is the buildup of a fatty substance called plaque that causes your arteries to narrow and harden. Blood flow is also limited. Heart disease occurs when you have atherosclerosis in the arteries that supply your heart with blood. "The same factors that contribute to cardiovascular disease – including age, being overweight, having diabetes, smoking, high blood pressure and high cholesterol – can also cause erectile dysfunction," Surmitis explained. "Therefore, ED can be a wake-up call that you're at risk for heart disease."

Very often, medications used to treat medical conditions contribute to sexual dysfunction – especially ED and low libido. "Medications such as those used to treat blood pressure, heart failure, irregular heartbeats, depression and allergies have sexual side effects," Surmitis said. "A modification of medication may improve sexual difficulties. Men may experience sexual dysfunction as a result of low testosterone levels. Moodiness, fatigue, weight gain and muscle loss are also symptoms of low testosterone and can be easily corrected by restoring testosterone to normal levels."

Evaluation for ED usually begins with the physician obtaining a detailed history of a patient's issues, followed by a physical exam. More specialized testing – including blood work, ultrasound and neuropathy testing – may also be performed. "Once all of the data is in, I recommend an individualized treatment plan for each patient," Surmitis shared. "A higher chance of successful treatment is the result of a thorough and systematic evaluation of any sexual health issue, including ED."

Medications such as Viagra, Levitra® and Cialis® have revolutionized the treatment of ED since 1998. They increase blood flow to the penis, resulting in an erection. "Approximately 65 percent of men have good results with proper dosing of these medications," Surmitis offered. "Even if Viagra-type medications are unsuccessful on the first try, a thorough evaluation and treatment of your situation can still give satisfactory results. Counseling can offer much to improve initial and maintained success in the treatment of any sexual concern. For men who don't have success, options such as penile injections, surgically implanted penile prosthesis and vacuum devices are other options."

Spouses and partners play an important role in helping men with ED. "I encourage the early involvement of partners in the evaluation of sexual dysfunction," Surmitis said, "so everyone is satisfied with the outcome."



Joseph Surmitis, M.D.

Aultman Helps People with Diabetes Manage Their Disease

More than 25 million adults and children in the United States have diabetes, according to the American Diabetes Association

For people with diabetes in Stark and surrounding counties, Aultman offers a diabetes education program to help manage their disease and protect their long-term health.

Liz Heiser, RN, is one of two certified diabetes educators with the Aultman Diabetes Education program. The program, overseen by Medical Director Charles Smith, M.D., includes a one-hour personal diabetes assessment and four hours of group education. "The first thing we recommend for many people is to lose weight," Heiser said. "Losing 5-10 percent of their current body weight will go a long way in bringing their blood sugar down."

Unlike other health conditions that present immediate problems, many people with diabetes do not have symptoms. "They think if they feel fine, then they must be fine," Heiser explained. "That is why we emphasize complications such as being diagnosed with diabetes means a two to four times greater chance of having a heart attack or stroke. Diabetes needs to be taken seriously ... before something debilitating happens."

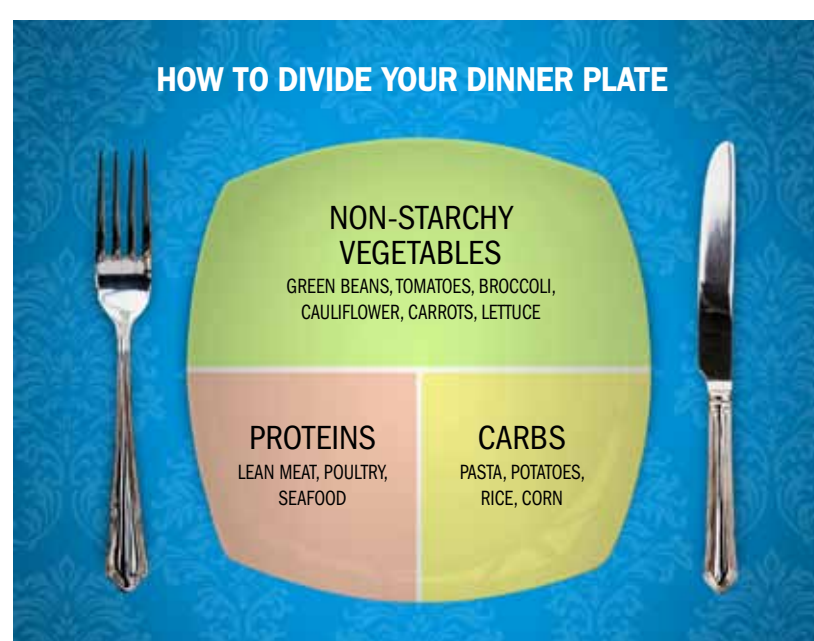
MEN WITH DIABETES

Men with diabetes are more than twice as likely to suffer from low testosterone (low T). The condition frequently goes undiagnosed because symptoms of low T – fatigue, depressed mood, decreased sense of well-being and sexual dysfunction – often overlap with diabetes. The good news is that low T is often treatable with testosterone therapy and behavior modification.

Some men newly diagnosed with diabetes would prefer to send their spouses to diabetes education because the wives cook and do the grocery shopping. "If women do the grocery shopping for the household, they certainly need to buy the right foods," Heiser said. "But they can't be the 'diabetes police' for their husbands. The men have to take an active role in managing their diabetes."

HEALTHY LIVING

Diet is an important part of living with diabetes. With work demands and busy schedules, some people with diabetes think meal planning



is impossible. "I recently met with a man who is on the road for work, so I suggested that he pack a cooler with healthy foods and snacks," Heiser shared. "We have books that detail the nutrition content for fast food, and you can also get restaurant information online. We encourage people to go through those materials and highlight healthier food choices. That way, they'll be better prepared to make good decisions when they need to eat fast food."

Selecting the right kinds of foods can be done by "dividing" a dinner plate. Half of the plate should contain non-starchy vegetables such as green beans, tomatoes, broccoli, cauliflower, carrots and lettuce. One quarter of the plate should be reserved for proteins including lean meat, poultry or seafood. The remaining portion of the plate is for carbohydrates such as pasta, potatoes, rice, corn and other starchy foods. Dessert is a piece or a small bowl of fresh fruit.

In addition to what a person with diabetes eats, the amount of food is also critical. "Portion sizes in America have grown so much," Heiser said. "Take a serving of pasta, for example. It's supposed to be a cup, about the size of a fist. But a pasta dish at a restaurant can be as much as seven cups!"

Another challenge for busy people is finding time for physical activity. "Adults should get at least 150 minutes a week of cardio exercise," Heiser offered. "You can work physical activity into your

RISK FACTORS FOR DEVELOPING TYPE 2 DIABETES

Age greater than 40
Family history of diabetes
Being overweight
Having had gestational diabetes or giving birth to a baby weighing more than 9 pounds
Leading a sedentary lifestyle
Having high blood pressure and/or high cholesterol levels
Being of African-American, Hispanic American or American Indian descent

day in little ways such as taking the steps instead of the elevator or parking in the back row instead of looking for a front-row spot. Anything you can do to add more steps to your day will help. Wearing a pedometer is a concrete way to measure physical activity."

MORE ABOUT AULTMAN DIABETES EDUCATION

A doctor's order is needed to attend Aultman's Diabetes Education program. Along with the individual and group education, the program includes a follow-up telephone call to check the person's progress and a monthly diabetes newsletter. A free diabetes support group is also available, meeting the second Tuesday of each month from noon to 1 p.m. Call 330-363-5235 for details.

Although Heiser has worked in diabetes education for more than two decades, learning is a continuous process. "Diabetes management is always changing, such as moving from the old diet exchanges to counting carbohydrates like we do today," she shared. "It's fun to explain that 'diet food' isn't boring if it's prepared the right way. I enjoy teaching people and helping them improve their health."

To learn more about Aultman Diabetes Education, including video footage from the 2010 Diabetes Health Fair, visit www.aultman.org/diabetes.



Aultman Certified Diabetes Educators (left) Liz Heiser, RN, and Cheryl Michaels, RN, help people with diabetes learn to eat and live healthier.

HEALTHY LIVING CHECKLIST

- STAY AWAY FROM TOBACCO.** If you need help quitting, Aultman offers a free tobacco cessation program called "Give It Up!" For details, call 330-363-7848.
- BE ACTIVE.** If you are not already physically active, start today. Work your way up to at least 30 minutes of moderate physical activity – such as brisk walking, swimming or bike riding – most days of the week.
- EAT A HEALTHY DIET.** Eat plenty of fruits, vegetables, whole grains and low-fat dairy products. Include lean meats, poultry, fish, beans, eggs and nuts. Eat foods low in saturated fats, trans fats, cholesterol, salt and added sugars.
- MAINTAIN A HEALTHY WEIGHT.** Balance the calories you take in with the calories you burn. Check with your doctor if you start to gain or lose weight. If being overweight is an ongoing struggle, learn about Aultman Weight Management's medically supervised weight-loss programs at www.aultman.org/weight.
- DRINK ALCOHOL IN MODERATION.** Have no more than two drinks a day if you are 65 or younger. If you are older than 65, have no more than one drink a day.

DAILY STEPS TO BETTER HEALTH FOR MEN 50 AND OLDER



Heart

Aultman Hospital has been named one of the nation's 50 Top Cardiovascular Hospitals by Thomson Reuters for 2011. At the Aultman Heart Center, prevention is a priority. Our education and risk factor identification programs can help you keep your heart healthy.



Cancer

The Aultman Cancer Center is a fusion of ideas, technology, talent and compassion. The physicians associated with Aultman Cancer Center evaluate and design individual patient treatment plans based on the type, stage and aggressiveness of the patient's disease.



Neurosurgery/Stroke

Trauma or illness involving the brain, spinal cord or nervous system can be a frightening experience for a patient and loved ones. Take comfort in knowing you are in the hands of some of the region's most skilled neurological experts, neurosurgeons and stroke specialists.



Women/Children

Together with our patients, the Aultman Birth Center is promoting and uniting families for life. We take a team approach to providing the best care for you and your baby – under one roof.



Emergency/Trauma

Aultman's Emergency/Trauma Center, staffed by board-certified physicians, is designed to allow the fastest access possible to the latest in emergency-care technology.



Orthopaedics

Many orthopaedic problems need more than one medical service. You may require emergency room treatment, medical treatment, surgery, therapy, medical equipment for the home or intense on-site rehabilitation.



Critical Care Medicine

Going to an intensive care unit (ICU) can be a very emotional experience. Aultman patients receive specialized care from our Intensivist Program and our dedicated group of critical care nurses, critical care pharmacists, respiratory therapists and intensivists.

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MEN'S HEALTH QUIZ

TAKE THIS TRUE-OR-FALSE QUIZ TO GAUGE HOW MUCH YOU KNOW ABOUT MEN'S HEALTH

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2. MORE MEN DIE FROM PROSTATE CANCER THAN ANY OTHER TYPE OF CANCER.
3. CANCER IS THE LEADING CAUSE OF DEATH IN AMERICAN MEN.
4. MEN WHO WEAR UNDERWEAR BRIEFS HAVE LOWER SPERM COUNTS.
5. MEN CAN GET BREAST CANCER.
6. MEN DO NOT HAVE TO WORRY ABOUT OSTEOPOROSIS.
7. DRINKING BEER CAN CONTRIBUTE TO A MAN'S "BEER BELLY."
8. MEN ARE MORE LIKELY THAN WOMEN TO SUFFER TRAUMATIC BRAIN INJURIES.
9. MEN AND WOMEN ARE DIFFERENT IN THEIR NUTRITIONAL NEEDS.
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SEE ANSWERS ON THE BACK OF THIS INSERT

FREE HEALTH TALK

Controlling Diabetes

JUNE 30 • 6-7:30 p.m.

Aultman West – 2021 Wales Ave. N.W., Massillon

Learn how to handle conditions when your blood glucose is out of control. Too high or too low? We'll show you how to keep it in check. Presented by Cheryl Michaels, RN, certified diabetes educator. All programs are free and open to the public. Seating is limited and reservations are required.

CALL 330-363-TALK (8255) OR SIGN UP AT WWW.AULTMAN.ORG.

Presentations are for educational purposes only and do not in any way constitute professional advice.