

2010 Minority Health Month

Men's Health: Man Up for Your Health!

Healthy Men Carry Our Communities Forward!

During this year's Minority Health Month, we encourage you to learn more about your health to prevent and better manage chronic diseases. Many Arizonan men are faced with challenges posed by obesity, diabetes, cancer, and other chronic diseases. Men can be safer, stronger, and healthier by taking daily steps and getting care when needed. Improving men's health starts at home by taking steps to live safer and healthier lives.

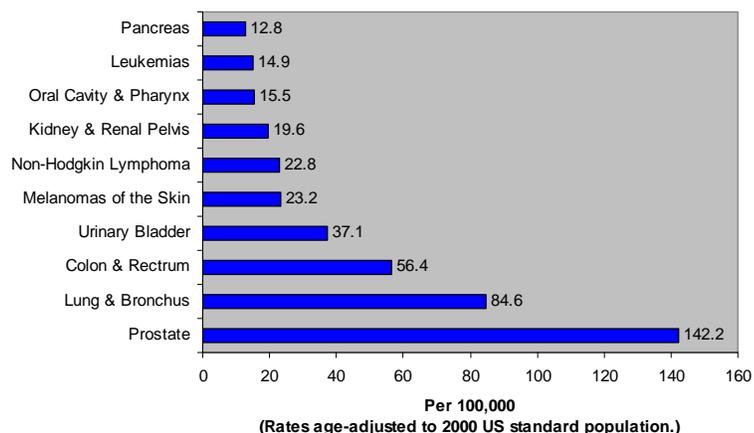
The most important things you can do to stay healthy are:

- Get recommended screening tests.
- Be tobacco free.
- Be physically active.
- Eat a healthy diet.
- Stay at a healthy weight.
- Take preventive medicines if you need them.

In Arizona...

- Prostate cancer is the most frequently diagnosed cancer among men.
- In 2008, 55% of males who are aged 50+ reported they had received a sigmoidoscopy or colonoscopy to screen for colorectal cancer.
- Men smoke more than women
- In 2008, Chronic Lower Respiratory Disease, which includes Chronic Obstructive Pulmonary Disease, was the 3rd leading cause of death among both males and females.
- Lung cancer is leading cause of cancer deaths among both males and females.
- In 2008, 49% of all the hospitalizations due to diabetes were among males.
- In 2008, the mortality rate for males with heart disease was 184/100,000.

Top 10 Cancer for Men, United States 2005



Source:

1. Arizona Department of Health Services. Bureau of Tobacco and Chronic Diseases, 2008.
2. CDC. National Center for Chronic Disease Prevention and Health Promotion, Division of Cancer Prevention and Control. [Updated 2009 June 19; cited 2010 April 7]. Available from: <http://www.cdc.gov/Features/dsMenTop10Cancers/>

