



PRINCIPLE
FOR MEN'S HEALTH™

Robert B. Rhodes, MD, FAAFP



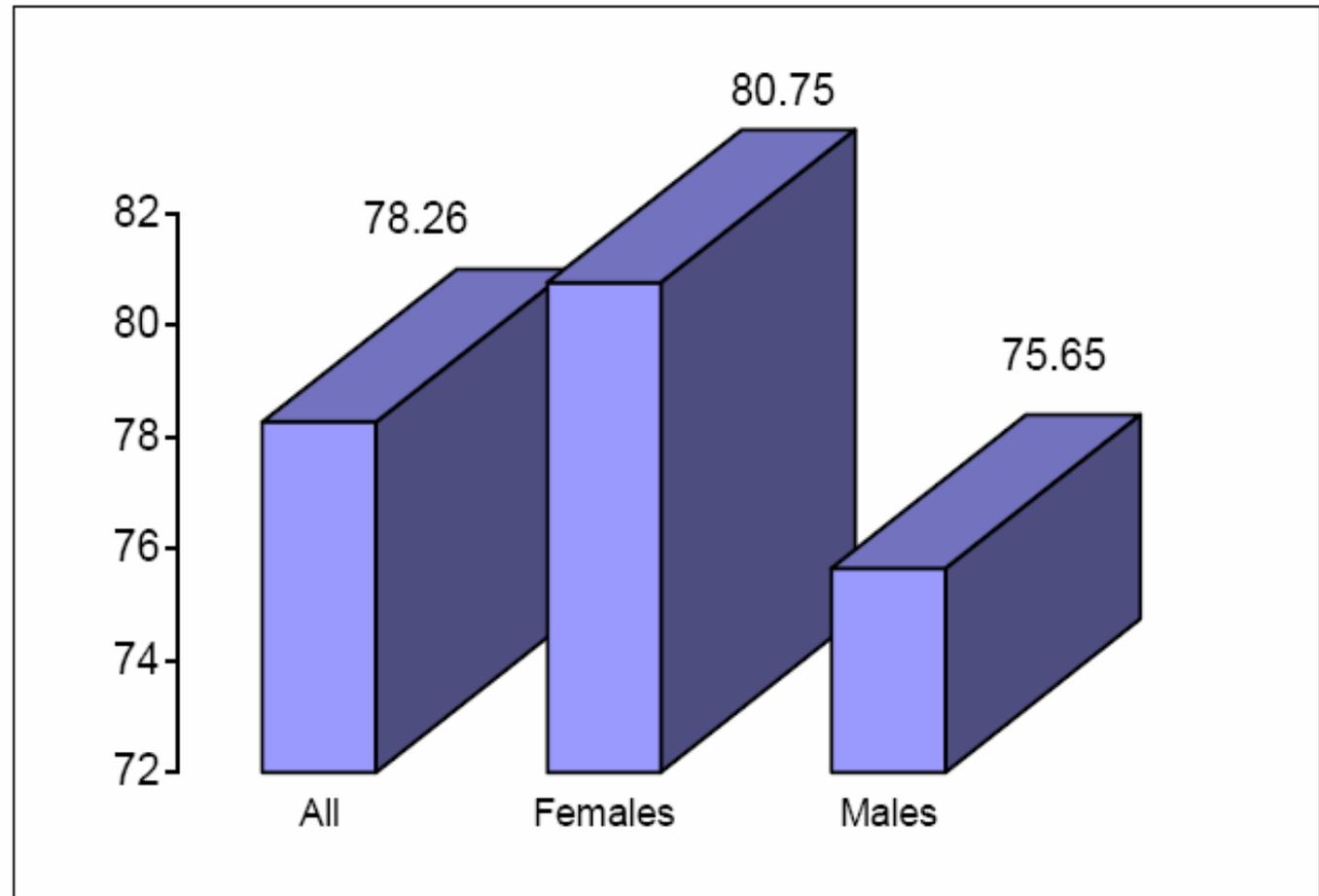
- Board Certified Family Practice, Southwest Family Health, Lincoln, NE
- 2000 Nebraska Medical Assn(NMA) Young Physician of the Year
- Chairperson, NMA Men's Health Initiative
- Past President, Lancaster County Medical Society
- Men's Health Network Advisory Board, Washington, DC

2,3,4,5 PRINCIPLE

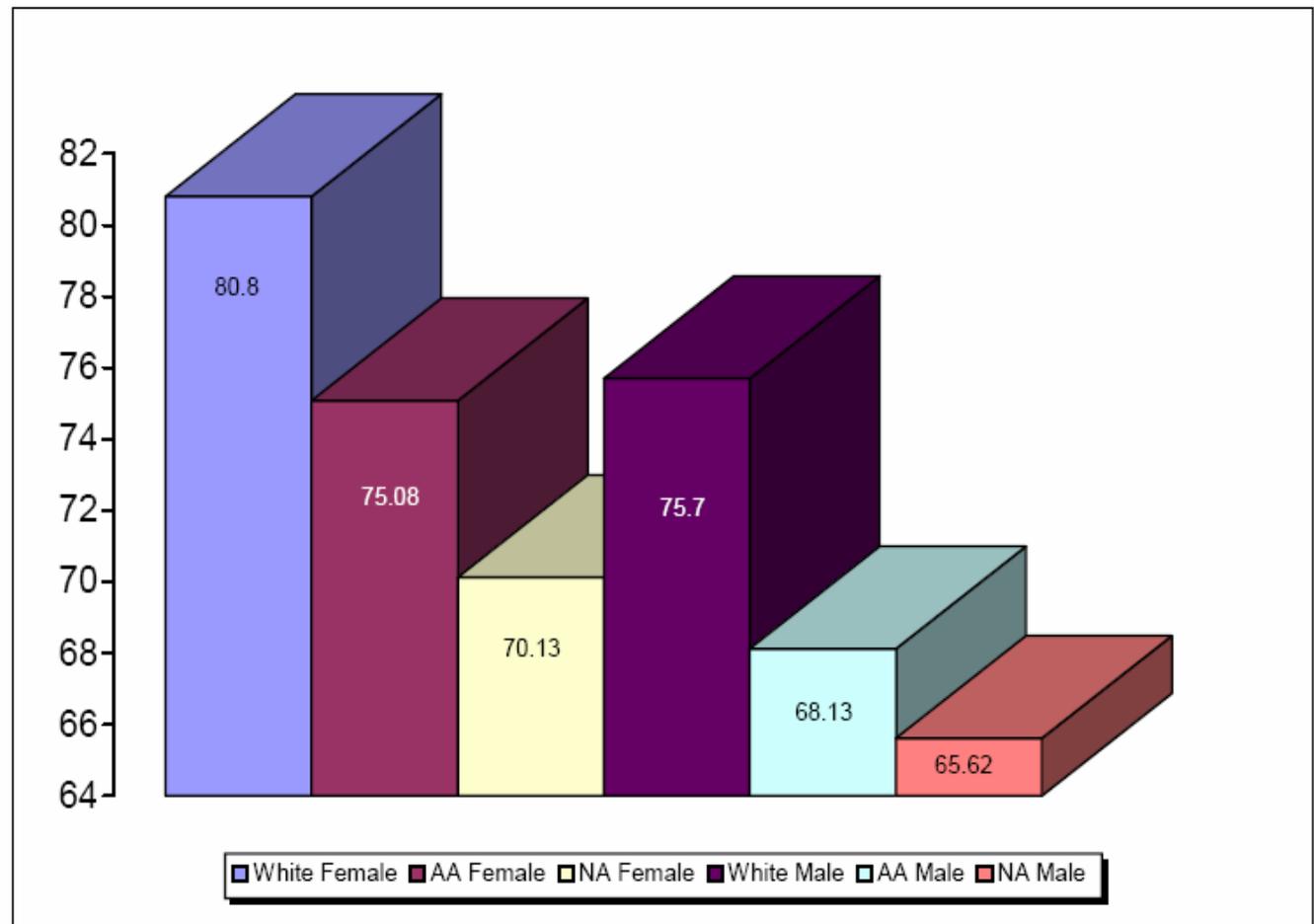


- 1994: US Senate and House pass proclamation of National Men's Health Week, prior to Father's Day
- Men's Health Screening Recommendations
- Based on US Preventative Task Force
- Men's Health Network
- Published in 2006, Robert B. Rhodes, MD

Nebraska Life Expectancy at Birth



Nebraska Life Expectancy by Race



WHY SCREEN?



- On average, men live 6 years less than women
 - Women live 80 years
 - Men live 74 years
- Men have higher fatality rates than women for the 10 leading causes of death
- More than 80 percent of suicide deaths are men

More Excuses



- The best chances of avoiding diseases that affect men are prevention, self-examination and regular physician visits
- Men visit the doctor 31% less often than women and therefore fail to detect many diseases at an early stage
- Regular screening can catch many diseases at an early stage, when treatment is most likely to be successful

“Roaring Twenties”

- 2 Physicals in the decade of the 20's
- Testicular and Skin Cancer
- Screen Family History
- Discuss Habits and Risky Behaviors

“Roaring Twenties”

- Sexual History
- Accident prevention
- Mental Health Issues
- Baseline labs



“Thirty Something”

- 3 Physicals in the decade of the 30's
- Review of the Roaring 20's
- Sexual Function or lack of may be more of an issue



- Discuss sleep habits
- Exercise
- Seatbelts and Bike helmets
- More labs

“Thirty Something”

4

“Fabulous Forties”

- Four Physicals in the decade of the 40's (every other year!)
- Family History (parents are aging)
- Prostate Health

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“Fabulous Forties”

- Colon Cancer Screening
- Heart Disease and Diabetes Screening
- Baseline EKG
- Even more labs



“Nifty Fifties”

- Yearly exams as long as you and your insurance allow!!
- PSA
- Colonoscopy



“Nifty Fifties”

- Lipo Med Profile
- Coronary Scans
- ED

Old Habits Are Hard To Break



- Smoking Cessation
- Exercise
- Weight Loss
- Dietary Issues
- Sleep Habits
- Mental Health

Its as easy as 2,3,4,5



For more information, please visit:

<http://www.2345principle.com>



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