MEN'S HEALTH

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TOP 10 LEADING CAUSES OF DEATH FOR MEN IN ALABAMA (2010)

1. Heart Disease – The leading cause of death of men in Alabama and in the United States is heart disease. Heart disease includes conditions such as coronary artery disease (COD), abnormal heart rhythms, heart attack and stroke. Heart disease can be prevented or managed by maintaining a healthy weight, exercise regularly, consume a healthy diet, and stress management.

2. Cancer – Men are most affected by lung, prostate, colorectal, and skin cancers. Smoking and secondhand smoke are the leading causes of lung cancer. Early detection of prostate and colorectal cancers begins with knowledge of your family's medical history. Protection from the sun and annual skin examinations are vital to the prevention of skin cancer.

3. Accidents – Motor vehicle accidents are the leading cause of fatal accidental deaths in men. Men are less likely to wear a seatbelt and obey the speed limit, as well as, drive recklessly and under the influence of alcohol or other substances. Men are the majority in some of the most dangerous occupations and account for nearly 92% of all workplace fatalities.

4. Chronic Lower Respiratory Disease – Chronic lower respiratory disease includes a list of lung conditions such as chronic bronchitis and emphysema. Avoiding respiratory infections, smoking, and secondhand smoke are ways to prevent the development of chronic lower respiratory disease.

5. Stroke – Although some risk factors associated with having a stroke such as family history and age cannot be avoided, your ability to recognize a stroke and act F.A.S.T can make all the difference.
F=Facial Weakness- Can the person smile? Has his or her mouth or eyes drooped?
A=Arm Weakness- Can the person raise both arms? Is one arm slightly lower than the other?
S=Speech/Sight Difficulty- Can the person speak or see clearly and understand what you say?
T= Time to Act- Time loss is brain lost. Call 9-1-1.

6. Diabetes – Although the occurrence of diabetes is increasing, one-third of individuals do not know they have diabetes. Type 2 diabetes is rising at an alarming rate in younger individuals and men. Amputation of limbs, heart disease, and nerve damage can be the end result of untreated diabetes. A simple blood test can detect diabetes and simple lifestyle changes, such as being physically active and eating healthier, can help prevent it.

7. Suicide – Despite society's strong portrayal of men and their ability to handle life's stress, men are more likely to commit suicide than women. Mental and emotional healths are equally as important as physical health. Depression is treatable.

8. Nephritis (Kidney Disease) – Nephritis is the inflammation of one or both kidneys, which can alter the kidney's ability to properly filter the blood and the body of unwanted chemicals and excess fluids. Symptoms include dark urine and swelling of the feet, ankles, legs, and hands.

9. Pneumonia/Flu – Wash your hands and cough into a tissue or the crook of your elbow to avoid the spread of influenza. Seek medical attention if symptoms become worse to help avoid complications such as pneumonia.

10. Septicemia – Septicemia is a serious, life-threatening infection in the body's blood system. It can be caused by infections from other parts of the body such as the lungs, abdomen, and urinary tract. Symptoms include chills, high fever, and rapid breathing and heart rate, and it can progress quickly to confusion, altered mental state, and shock. Seeking early medical treatment for infections is key to preventing septicemia.

BE HEALTHY. LIVE HEALTHY.