

NEWS RELEASE



Contact: Madison Trimble
703.528.1007
mtrimble@healthcharities.org

For Immediate Release

Community Health Charities Reminds Men this Season: Don't Forget Your Health

Washington, DC (September 9, 2015) – For many men at this time of year, a certain topic weighs heavily on their minds: football. While preparing fantasy drafts, tailgating recipes and Sunday schedules, though, it's important for men to remember to keep their health in check.

“Men have traditionally been uncomfortable discussing issues about their health, primarily for fear of receiving bad news, but this silence comes at a price as men live shorter and less healthy lives than women in the United States,” said Thomas G. Bognanno, president & CEO of Community Health Charities. “For example, men have a higher death rate for most of the leading causes of death, including heart disease, cancer, high blood pressure, diabetes, HIV infection and suicide. Community Health Charities is focusing on these needs this month by providing the resources men need to protect their health from the nation’s most trusted health charities.”

A few of these resources from Community Health Charities’ network of nearly 2,000 health charities include:

Heart Disease

- Heart disease is the leading cause of death for men in the United States, causing 1 of every 4 deaths. Between 70% and 89% of sudden cardiac events also occur in men. Half of the men who die suddenly of coronary heart disease have no previous symptoms. But even if you have no symptoms, you may still be at risk for heart disease.
- For more information about men and heart disease, visit the Center for Disease Control’s [website](#).
- You can learn how to prevent heart disease at any age from the [American Heart Association](#).

Lung Cancer

- Lung cancer is the leading cancer killer in both men and women in the United States, causing more deaths than colorectal, breast and prostate cancers combined. The rate of new cases shows that men develop lung cancer more often than women.
- To learn more about what causes lung cancer, what symptoms to watch for and how it is treated, visit the [American Lung Association](#).

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Prostate Cancer

- Prostate cancer is the most commonly diagnosed non-skin cancer in U.S. men. It is estimated that 220,800 men will be diagnosed with prostate cancer in 2015, about 1 in 7 men, and about 27,540 deaths. It is the second leading cause of cancer death in American men.
- Factors that increase the risk of prostate cancer include: older age, a family history of the disease, and race. About 99 percent of cases occur in those over the age of 50.
- Fortunately when diagnosed early, prostate cancer can be treated effectively. To learn more about risk factors and screening tests, visit [Zero: The End of Prostate Cancer](#), [American Cancer Society](#) and [City of Hope](#).

Depression

- In America alone, more than 6 million men have depression each year. Men are less likely to show “typical” signs of depression such as crying, sadness, loss of interest in previously-enjoyed activities or verbally expressing thoughts of suicide. Depression may actually cause men to suppress their feelings and become more aggressive or irritable. They often feel shame about their depression and simply try to “tough it out.” For all of these reasons, family members and even health care providers may fail to recognize the illness.
- To learn more about depression, including common symptoms, [Mental Health America](#).

Diabetes

- Approximately 29 million Americans have diabetes, but more than 8 million of them do not know it. If unmanaged, diabetes can cause far-reaching health implications such as heart disease, nerve damage and kidney damage. The death rate from heart disease is much higher for men with diabetes than it is for men who don't have diabetes.
- Many men with diabetes also suffer from obstructive sleep apnea (OSA), a breathing disorder in which the airway is blocked when the mouth and throat relax during sleep, often for more than 10 seconds. Being male also puts you at greater risk for OSA. Do you know a man who snores like a freight train? It could be OSA, and it could increase his risk for high blood pressure or even heart attack and stroke if left untreated.
- To learn more about diabetes and specific issues that affect men, please visit the [American Diabetes Association](#).

For more information and resources, visit www.healthcharities.org or call us at 1-800-654-0845.

About Community Health Charities

Community Health Charities improves the lives of people affected by a disability or chronic disease by uniting caring donors in the workplace with the nation's most trusted health charities. Over the past five years, Community Health Charities has raised more than \$400 million to support the missions of the nearly 2,000 charities in our network. For more information about Community Health Charities, visit healthcharities.org or call 1-800-654-0845.

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