



Lighthouse Ministries International
Cancer Awareness & Support Group
 invites you to our Annual Men's Health Day for

Sunday, September 24, 2017 at 10AM

Dress Code: Sky Blue

**Exploring the world of Men's Health,
 Challenges and Solutions**

**Presenters: Health Care Ministry
 Lighthouse Ministries International**



Pastor: Rev. Oswen Cameron, PhD & First Lady Cora-Dian (Roxanne) Cameron
 Venue: 10727 Tucker St. Beltsville MD 20705 | 301-477-1074 | contactus@lhmiinc.org



Lions Clubs International
FOUNDATION
Of Beltsville Sponsored

**FREE
 HEALTH
 SCREENINGS**



Hearing . Vision . Pressure

at Lighthouse Ministries International - HQ
Sunday, Sept. 24, 2017 from 11:40 a.m.
10727 Tucker St. Beltsville MD 20705



Health Care Ministry of LHMI



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**Men's Health
Awareness Day**

EXPLORING THE WORLD OF
MEN'S HEALTH, CHALLENGES & SOLUTIONS

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Men's Health Awareness Day, 2017

Convener: Elder Marva Walker

***Presentation Contributors: Jean Green, Grace Isaacs,
Althea Maynard, Phoebe & Juanita Cameron***

Sunday | September 24 | 2017

Lighthouse Ministries International, Beltsville MD



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Men's Health Day, 2017

Areas of Focus:

- 1. Men & Visiting The Doctor**
- 2. Men's Health Challenges**
- 3. Tests and Treatments**



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Men's Health Awareness Day

Visiting The Doctor

By Elder Marva Walker, RN

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**It is very
important for
Men to Visit With
Their Doctors**



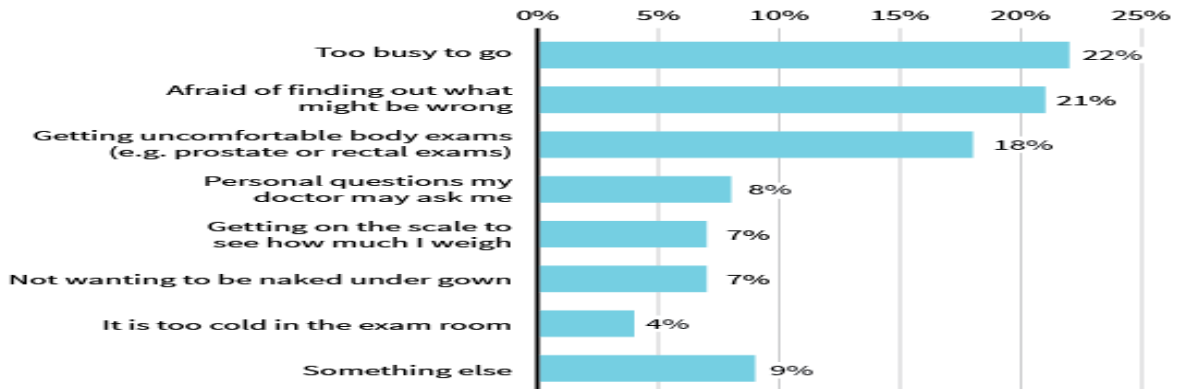
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Why Men Don't Go To The Doctor

Reasons men gave for not setting up an annual appointment with a primary care physician



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Here's Why Men Don't Like Going To The Doctor:

- Men tend to die earlier than women, are more likely to die from eight out of the ten top causes of death in the U.S. than women, and are also more likely to smoke and drink excessively.



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Here's Why Men Don't Like Going To The Doctor:

- Men tend to take more risks
- Less socially connected
- Have more dangerous jobs than women

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Here's Why Men Don't Like Going To The Doctor:

- Men just don't go to the doctor as much as women do
- More than three times as likely to admit going more than five years without a visit

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Here's Why Men Don't Like Going To The Doctor:

- **Men were more than twice as likely to say they've never had contact with a doctor or health professional as an adult**

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How often should a man go to the doctor, anyway?

Every 2 years ...

- ***Men ages 18 to 39 should have their blood pressure checked every two years, but if it reaches a certain threshold, it should be checked yearly.***

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How often should a man go to the doctor, anyway?

Every 3 years ...

- ***Men ages 45 and older should be screened for diabetes every three years, but if they are overweight the screening should start at a younger age.***

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How often should a man go to the doctor, anyway?

Every 5 years...

- ***Men over age 35 should be screened for high cholesterol and heart disease prevention every five years, but if they have diabetes, they should be screened more often.***
- ***Men with no family history of colon cancer or polyps should be screened for colorectal cancer every five to ten years between the ages of 50 to 75, but the screening should start earlier if they do have a family history.***

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Leading Challenges

By Sis. Jean Green, MSN, RN

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5 Leading Men's Health Challenges:

- 1. Stroke**
- 2. Kidney Disease (Stones)**
- 3. Diabetes**
- 4. Prostate Cancer**
- 5. Lung Cancer**

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DID YOU KNOW?

*Out of the 15 leading causes of death, **men lead women** in all, **EXCEPT Alzheimer's Disease.***

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Leading Challenges

LUNG CANCER

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Let's Examine Lung Cancer in men:

1. Incidences
2. Risk Factors
3. Symptoms & Diagnosis

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Facts about Lung Cancer

- A type of cancer that begins in the lungs
- Lung cancer claims more lives each year than do colon, prostate, ovarian and breast cancers combined
- People who smoke have the greatest risk of lung cancer.

Source: Mayo Clinic

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Risk Factors of Lung Cancer:

- 1. Smoking**
- 2. Exposure to secondhand smoke**
- 3. Exposure to radon gas**
- 4. Exposure to asbestos and other carcinogens**
- 5. Family history of lung cancer**

Source: Mayo Clinic

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Symptoms of Lung Cancer may include:

- 1. A new cough that doesn't go away**
- 2. Changes in a chronic cough or "smoker's cough"**

Source: Mayo Clinic

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Symptoms of Lung Cancer may include:

- 3. Coughing up blood, even a small amount**
- 4. Shortness of breath**

Source: Mayo Clinic

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Symptoms of Lung Cancer may include:

- 5. Chest pain**
- 6. Wheezing**
- 7. Hoarseness**

Source: Mayo Clinic

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Symptoms of Lung Cancer may include:

- 8. Losing weight without trying**
- 9. Bone pain**
- 10. Headache**

Source: Mayo Clinic

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See Your Doctor when:

If you're 55 or older and smoke or used to smoke, talk with your doctor about the benefits and risks of lung cancer screening.

Source: Mayo Clinic

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Diagnosis of Lung Cancer may include:

- 1. Imaging tests**
- 2. Sputum cytology**
- 3. Tissue sample (biopsy)**

Source: Mayo Clinic

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Leading Challenges

KIDNEY STONES

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Let's Examine Kidney Stones in men:

- 1. Definition & Type of Stones**
- 2. Risk Factors**
- 3. Symptoms & Diagnosis**

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What Are Kidney Stones?

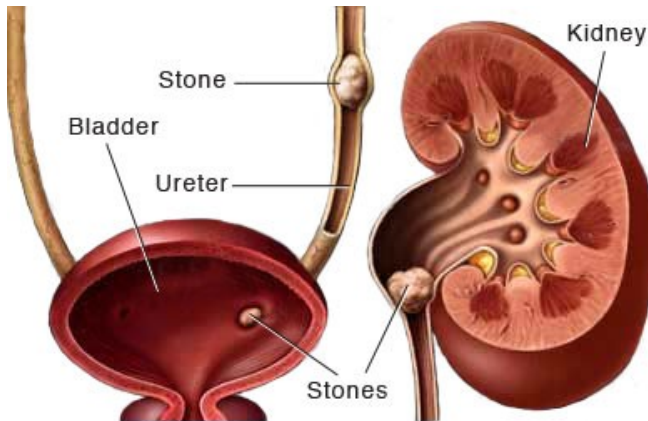
Also known as (*renal lithiasis*, *nephrolithiasis*) are hard deposits made of minerals and salts that form inside your kidneys.

Source: Mayo Clinic

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Kidney stones form in your kidneys.

As stones move into your ureters — the thin tubes that allow urine to pass from your kidneys to your bladder — signs and symptoms can result.

Signs and symptoms of kidney stones can include severe pain, nausea, vomiting, fever, chills and blood in your urine.

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Types of Kidney Stones?

1. Calcium - *dietary*
2. Struvite - *infection*
3. Uric Acid - *fluid deficiency*
4. Cystine - *hereditary disorder*

Source: Mayo Clinic

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Factors that increase risk of Kidney Stones:

- 1. Family or personal history**
- 2. Dehydration**
- 3. Certain diets**

Source: Mayo Clinic

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Factors that increase risk of Kidney Stones:

- 4. Being obese**
- 5. Digestive diseases and surgery**
- 6. Other medical conditions**

Source: Mayo Clinic

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Symptoms of Kidney Stones:

- 1. Severe pain in the side and back, below the ribs**
- 2. Pain that radiates to the lower abdomen and groin**
- 3. Pain that comes in waves and fluctuates in intensity**
- 4. Pain on urination**

Source: Mayo Clinic

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Symptoms of Kidney Stones:

- 5. Pink, red or brown urine**
- 6. Cloudy or foul-smelling urine**
- 7. Nausea and vomiting**
- 8. Persistent need to urinate**

Source: Mayo Clinic

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Symptoms of Kidney Stones:

- 9. Urinating more often than usual**
- 10. Fever and chills if an infection is present**
- 11. Urinating small amounts**

Source: Mayo Clinic

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See Your Doctor when:

- Pain so severe that you can't sit still or find a comfortable position**
- Pain accompanied by nausea and vomiting**

Source: Mayo Clinic

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See Your Doctor when cont'd:

- Pain accompanied by fever and chills
- Blood in your urine
- Difficulty passing urine

Source: Mayo Clinic

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Diagnosing Kidney Stones:

1. Blood testing
2. Urine testing
3. Imaging
4. Analysis of passed stones

Source: Mayo Clinic

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Tests & Screening

By Sis. Grace Isaacs, R.T. (R)(CT)

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Quick Facts:

Stroke, heart disease, kidney stones, lung cancer, obstructive pulmonary disease (COPD), and liver cancer, can be detected by studies carried out in the radiology department.

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Some types of diagnostic images:

- 1. X-ray**
- 2. Magnetic resonance imaging (MRI)**
- 3. Computed tomography (CAT Scan)**
- 4. Ultrasound.**

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DID YOU KNOW?

1st leading cause of death in men

***Caused by hardening of the arteries
which leads to clogging and when
unstable could cause a clot.***

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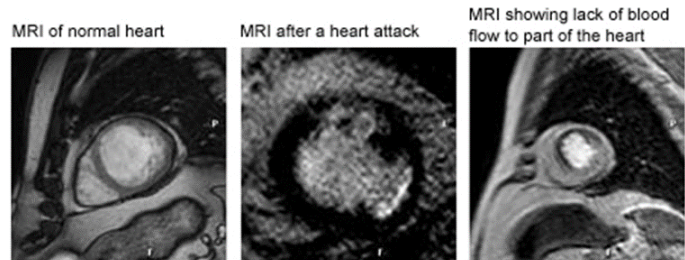


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Heart Disease Scans include:

1. CT scan

Provides highly detailed images of the heart and surrounding structures



Images kindly provided by Dr JF Younger FRACP MRCP,
BHF Cardiac MRI Unit, Department of Academic Cardiology,
Leeds General Infirmary, Leeds, West Yorkshire, UK.

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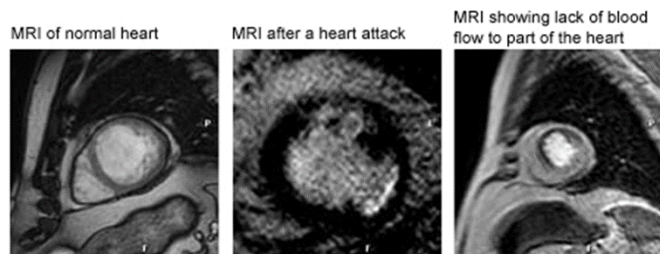


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Heart Disease Scans include:

2. MRI

*Captures images of a beating heart &
Evaluates the heart's anatomy and function*



Images kindly provided by Dr JF Younger FRACP MRCP,
BHF Cardiac MRI Unit, Department of Academic Cardiology,
Leeds General Infirmary, Leeds, West Yorkshire, UK.

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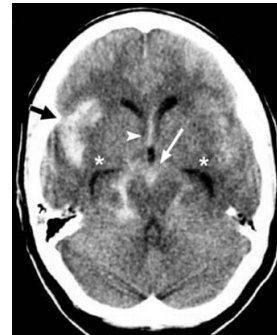


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Stroke Scans include:

1. CAT scan

Most commonly and widely used to evaluate stroke



SUBARACHNOID
HEMORRHAGE



NORMAL
CT SCAN

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Stroke Scans include:

2. MRI

Measures functional activity in various parts of the brain.

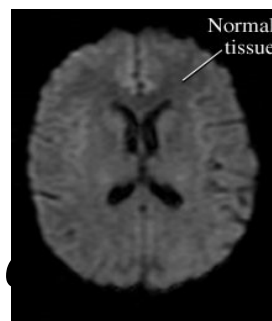


Figure 1



Figure 2

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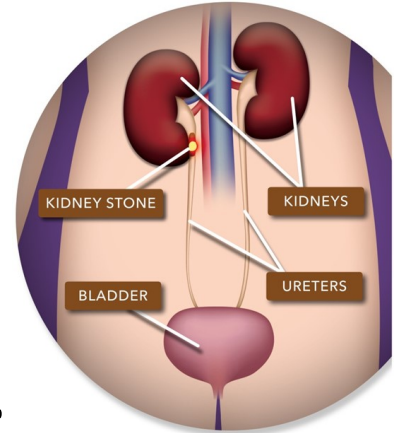


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Kidney Stone Scans include:

1. **CAT scans - *a form of x-ray***
2. **Ultrasound - *uses sound waves to create pictures of the kidneys and bladder***

Both are quick and informative.



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Prostate Cancer Scans include:

1. **CAT scans**
2. **MRI – most effective with 60-96% ability to correctly identify disease**

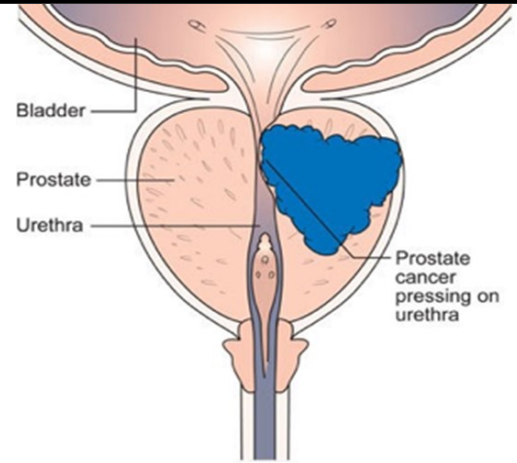
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Remember:

It is extremely important to have your **annual digital rectal examination** which is the first line of detection! *Especially for men over 50 years old.*



Cancer Research UK

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Prostate Cancer Facts:

1. By the time it is discovered most times, it is advanced and difficult to cure.
2. 87% of lung cancers are related to smoking and second hand smoke.

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Prostate Cancer Scans include:

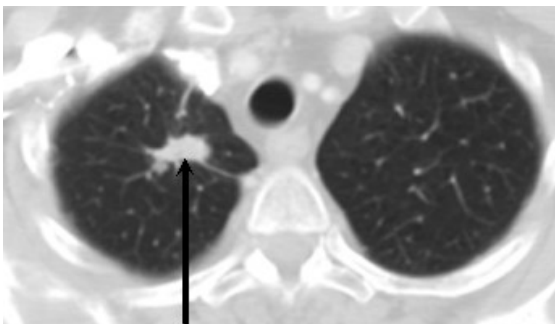
- 1. X-rays, CAT scan and MRI are used for imaging and provides diagnostic and useful information for treatment.**
- 2. CT scans are more likely to show lung tumors than routine chest x-rays.**

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CAT Scan



Lung cancer revealed by CT Lung Screening

Chest X-Ray



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Remember:

- Please take control of your health.
 - An **annual visit** to the doctor is important.
- The earlier you see your doctor, the earlier you can be screened and treated for these illnesses if necessary.

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References:

- WebMD
- UC San Diego Health
- Mayo Clinic

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Questions & Answers

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