

News You Can Use From State Senator Audrey Gibson



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**2017
Legislative Update**
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Dear Constituent and Friend,

Men's Health Month is celebrated across the country with screenings, health fairs, and other health education and outreach activities.

Celebrated in June, Men's Health Month calls attention to preventable health issues and encourages early detection and treatment of diseases particularly high among men and boys. Men's health awareness month raises awareness about: making healthy lifestyle choices, scheduling annual visits to the doctor, getting educated on high incidence diseases for men, and starting general health conversations with male friends.

Compared to women, men.....

- Have higher death rates for all 15 leading causes of death (except Alzheimer's disease) and die more than 5 years younger
- Represent 50% of the workforce, yet account for 94% of all on-the-job fatalities
- Know less about health and take less responsibility
- Are less likely to see themselves as ill or susceptible to disease or injury when they are actually more susceptible

Leading health causes of death to men are:

- **Heart disease:** More men than women die from heart disease and men under the age of 65, are 3 times more likely to die from heart attacks.
- **Cancer:** Men have a higher probability of developing cancer and do not survive as long, once they have been diagnosed. Lung cancer, is the leading cause of cancer death for males and prostate cancer is the second leading cause of cancer death.
- **Pneumonia and flu:** Men are more likely to die from pneumonia and flu.
- **Suicide:** Rates of suicide are, on average, 4 times higher for men than women. For most age groups suicide rates have remained unchanged, but for those aged 15 to 24 years the rate has increased 250% and 6 out of 7 are male. Suicide rates for those aged 75 and older are 9 to 12 times higher for men than women.
- **Diabetes:** More men than women die from diabetes. There are 1.9 million new cases of diabetes diagnosed every year and approximately 47% of male deaths and 32% female deaths are caused by diabetes.
- **Cirrhosis (hardening of the liver):** More men than women die from chronic liver disease. Some causes related to liver cirrhosis include alcohol consumption, viral hepatitis which is caused by the unrelated viruses Hepatitis A, B, C, D or E and fatty liver disease caused by diabetes, high cholesterol, high blood pressure, and being overweight.

Knowing the facts can help save lives! Spread the word and by all means contact your doctor or healthcare professional to schedule your annual checkup or for information on a specific lifestyle change to incorporate into your daily routine. ***To stay in the game, stay on top of your game!***

As always, it is an Honor and a Pleasure to serve you in the Florida Senate!

Sincerely,

Audrey Gibson
State Senator
District 6