

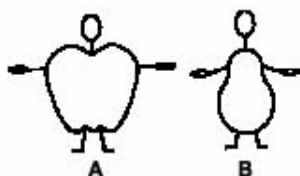


Men's Top Health Threats

Rank	Cause	Percentage of male deaths
1	Heart Disease	28.4
2	Cancer	24.1
3	Unintentional injuries	5.8
4	Stroke	5.2
5	Chronic obstructive pulmonary disease (COPD)	5.1
6	Diabetes	2.8
7	Influenza	2.4
8	Suicide	2.1
9	Kidney Disease	1.6
10	Chronic liver disease and cirrhosis	1.5
Total		79

Source: CDC, 2004.

Men are affected more by the above causes of death, with the exception of stroke, than women. As a result, men's life expectancy is 5.4 years less than the average woman. In 2002, men's life expectancy was 74.5 years; whereas women's was 79.9 years.



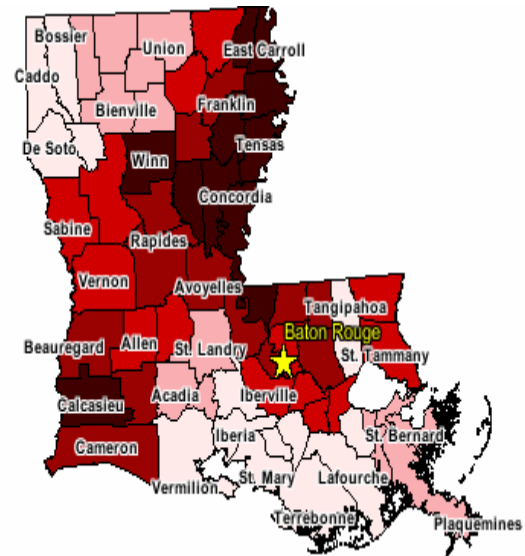
It is believed that heredity and male sex hormones, which affect such characteristics as body fat distribution, play a role in the higher incidence of diseases found in men. Men are more likely to accumulate fat around the abdomen (apple-shaped obesity). This is associated with an increased risk of heart disease, diabetes, cancer and stroke in men. Women, however are more likely to put on extra weight around the hips. Although unhealthy, this "pear-shaped obesity" is not as closely linked to potentially fatal conditions as is the apple-shaped obesity.

In addition, socially accepted "male" behavior can also predispose men to premature death. Men are more likely than women to engage in smoking, drinking, and casual sex— all of which increase the likelihood of serious disease.

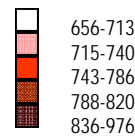
No 1- Heart disease

In 2002, 429,682 men died of heart disease, the leading cause of death in both sexes. Coronary heart disease (CHD) is caused by the atherosclerotic narrowing of the coronary arteries. It can cause angina pectoris, heart attack, or both. Approximately 13,900,000 Americans suffer from CHD. About 1/4 of all heart-disease-related deaths occur in men ages 35-65.

Louisiana All Men Ages 35+, Heart Disease Death Rates, 1996-2000



Age-adjusted Average Annual Deaths per 100,000



State Rate 741
National Rate 665

CDC

No 2- Cancer

In 2002, 288,768 men died of cancer. Lung cancer is the most common cause of cancer death in both sexes. Ninety-percent of lung cancer occurrences can be attributed to cigarette smoking. The second and third leading causes of cancer death in males are prostate and colorectal cancers.



No 3- Accidents

In 2002, accidents killed 69,257 men. Motor vehicle crashes were the leading cause, with more than twice as many men (31,064) than women (14,316) dying in traffic accidents. Poisoning was the second-leading cause of fatal injury to men. In 2002, 12,059 men died of poisoning, whereas, less than half of this amount (5,491) of women died of poisoning that year. The third and fourth leading causes of fatal injury for men are falls and drowning.



Workplace accidents are also a significant cause of fatal injury to men. This has to do with some of the dangerous occupations (agriculture, mining, and construction) that men hold. Although men hold 53.7 percent of all American jobs, they account for 92% of workplace fatalities.

No 4- Stroke

62,622 men died from stroke in 2002. Stroke occurs in equal proportions between men and women, however, men have a better chance of surviving than do females. Some stroke risks cannot be controlled, such as family history, age, and race, but you can control the leading cause— high blood pressure— as well as contributing factors such as smoking and diabetes.





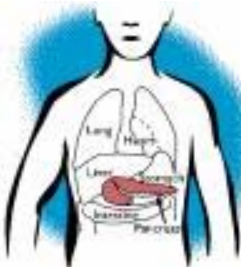
No 5- Chronic obstructive pulmonary disease (COPD)

COPD is a group of chronic lung conditions that includes emphysema and chronic bronchitis. This condition is strongly correlated with lung cancer, which is the leading cause of cancer deaths among both men and women— with the main cause of smoking. Men who smoke are 12 times more likely to develop COPD when compared to men who have never smoked.



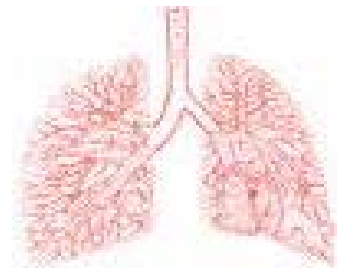
No 6- Diabetes

In 2002, 34,301 men died of diabetes, which is a disease that affects the way the body uses blood sugar (glucose). About 80% of people who have this disease are either overweight or obese. Complications of diabetes that are most likely to be fatal are heart disease and stroke, which are two to four times more likely in those affected with diabetes than in those who are not. An estimate of about 1/3 of men with the most common form of diabetes (Type 2) do not even know that they have it until they develop complications such as impotence (erectile dysfunction), nerve damage causing pain or loss of sensation in the hands or feet, vision loss, or kidney disease.



No 7- Pneumonia and Influenza

In 2002, 28,918 men died of pneumonia and influenza. For those whose lungs have already been damaged by COPD, asthma, or smoking, these lung infections can be particularly life-threatening. The risk of death from influenza or pneumonia is much higher in people with heart disease, diabetes, or a weakened immune system due to AIDS or immunosuppressive drugs. The most important consideration is to get immunized. A yearly flu shot has shown to be 90% effective in preventing influenza in healthy adults.



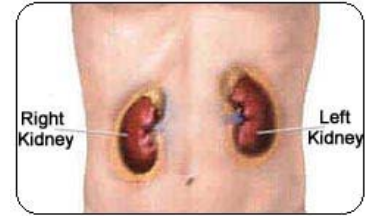
No 8- Suicide

In 2002, 25,409 men committed suicide. Men commit suicide four times as often as women do. Depression is an important risk factor in suicide and affects seven percent of men in any given year. Male depression is much more likely to go undiagnosed than depression in women, partly because men are less likely than women to seek treatment for it. Also, depression doesn't always present the same symptoms in males as seen in females. It may not be easily recognized by those around the individual. Substance abuse— which is more common in men— can mask depression. This furthers the complexity of diagnosing depression in men.



No 9- Kidney Disease

In 2002, 19,695 men died due to kidney failure, which is most often a complication of diabetes or high blood pressure. Proper control of diabetes and high blood pressure can prevent or slow the progression of kidney disease.



No 10- Chronic liver disease and cirrhosis

In 2002, 17,401 men died from chronic liver disease and cirrhosis with the leading cause being due to alcoholism. Men account for more than 70% of the 75,000 alcohol-attributed deaths in the US occurring each year. Other possible causes of these conditions could include hepatitis B and C, certain inherited diseases, such as hemochromatosis, or nonalcoholic fatty liver disease, which is associated with obesity.



Normal Healthy Liver



Cirrhosis of the Liver

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