

# Santa Cruz County 2003 Health Almanac

## Men's Health

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## Agencies and Information Sources

### **Santa Cruz County Health Services Agency** - <http://www.santacruzhealth.org/>

The Health Services Agency (HSA) exists to protect and improve the health of the people in Santa Cruz County. The Agency provides programs in Environmental Health, Public Health, Medical Care, Substance Abuse Prevention and Treatment, and Mental Health.

### **California Department of Health Services** - <http://www.dhs.ca.gov/default.htm>

To Protect and Improve the Health of All Californians

### **California Health Interview Survey** - <http://www.chis.ucla.edu/index.html>

The California Health Interview Survey (CHIS) is the largest state health survey conducted in the United States. Every two years, CHIS plans to collect information on the health and health care needs of California's diverse population.

### **Centers for Disease Control and Prevention**- <http://www.cdc.gov/default.htm>

CDC's Mission is to promote health and quality of life by preventing and controlling disease, injury, and disability.

### **CDC's men's health specific web site**, <http://www.cdc.gov/health/mensmenu.htm>

where information may be found on the following subjects:

Heart Disease Mortality Among Men

National Colorectal Cancer Action Campaign

Preventing Skin Cancer: The Nation's Most Common Cancer

Prostate Cancer: Can We Reduce Deaths and Preserve Quality of Life? Factsheet

**Medline:** <http://medlineplus.gov/> Good health information from the world's largest medical library, the National Library of Medicine. Health professionals and consumers alike depend on it for information that is authoritative and up to date. MEDLINEplus has extensive information from the National Institutes of Health and other trusted sources on over 600 diseases and conditions. There are also lists of hospitals and physicians, a medical encyclopedia and a medical dictionary, health information in Spanish, extensive information on prescription and nonprescription drugs, health information from the media, and links to thousands of clinical trials. MEDLINEplus is updated daily. There is no advertising on this site, nor does MEDLINEplus endorse any company or product.

### **CNN's Men's Health:** <http://www.cnn.com/HEALTH/library/men/>

### **Men's Health Network** <http://www.healthscout.com/nav/home/197/main.html>

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### Overall

(All figures are for U.S.)

Leading Cause of Death (overall): **Heart Disease (2000)**

Leading Cause of Death (25-44 Year Olds): **Accidents (unintentional injuries) (2000)**

Number of Deaths From Prostate Cancer: **31,729 (1999)**

Source: National Vital Statistics Reports, Vol. 49, No. 8

Number of Annual Office Visits to Physicians (all ages): **14.9 million (2000)**

Number of Annual Hospital Outpatient Department Visits: **33.7 million (2000)**

Number of Annual Emergency Department Visits: **50.9 million (2000)**

Number of Hospital Discharges (Inpatients): **12.5 million (2000)**

Number of Surgical Procedures Performed Annually: **15.7 million (2000)**

<http://www.cdc.gov/nchs/fastats/men.htm>

### Prostate Disease

(All figures are for U.S.)

Annual Number of Deaths from Prostate Cancer: **31,078 (2000)**

Cases of Prostate Disease Reported Annually: **2.8 million (1996)**

Number of Prostatectomy procedures for discharges from short-stay hospitals: **184,000 (2000)**

<http://www.cdc.gov/nchs/fastats/prostate.htm>

#### **Brothers of Those With Prostate Cancer Face Highest Risk Study finds that connection is strongest link to possibility of disease**

FRIDAY, Sept. 12 (HealthDayNews) -- Men with brothers who've had prostate cancer may face the greatest hereditary risk for the disease.

That sobering news comes from a study published online Sept. 12 in the *International Journal of Cancer*. The study, led by the Fox Chase Cancer Center in Philadelphia, found a much greater risk associated with having a brother with prostate cancer than having an affected father, or any other combination of affected relatives.

The researchers reviewed nearly two dozen studies and found an increased risk of prostate cancer for men with a family history of the disease. The increased risk was 1.8, 2.1 and 2.9 times greater if a man had a grandfather or uncle, father or brother, respectively, who had prostate cancer.

"This study is the first to report a statistically higher risk associated with having a brother with prostate cancer than having an affected father," the study authors write.

The researchers suggest this strong link between brothers may be related to environmental or occupational factors, dietary exposures, or age of onset, which may reveal a stronger genetic risk.

#### **More information**

Here's where you can learn more about [prostate cancer](#).

--Robert Preidt

SOURCE: John Wiley & Sons Inc., news release, Sept. 12, 2003

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This article can be accessed directly at:

<http://www.healthscout.com/news/324/515034/main.html>

### **Men's Health Topics** See: <http://www.nlm.nih.gov/medlineplus/menshealth.html>

Source: Medline

- Anal Warts see Sexually Transmitted Diseases
- Artificial Insemination see Infertility
- BPH see Prostate Diseases
- Benign Prostatic Hypertrophy see Prostate Diseases

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- Birth Control/Contraception
- Circumcision
- Contraception see Birth Control/Contraception
- Crab Lice see Sexually Transmitted Diseases
- Erectile Dysfunction see Impotence
- Family Planning see Birth Control/Contraception
  
- Fertility see Infertility ; Reproductive Health (General)
- Gamete Intrafallopian Transfer see Infertility
- Gay/Lesbian Health
- Genital Warts see Sexually Transmitted Diseases
  
- Homosexuality see Gay/Lesbian Health
- Impotence
- In Vitro Fertilization see Infertility
- Infertility
- Klinefelter's Syndrome
- Male Genital Disorders
- Men's Health (General)
- Penile Disorders see Male Genital Disorders
- Prostate Cancer
  
- Prostate Diseases
- Reproductive Health (General)
- STD see Sexually Transmitted Diseases
- Sexual Health (General)
- Sexually Transmitted Diseases
  
- Sterility see Infertility
- Sterilization see Birth Control/Contraception
- Testicular Cancer
- Testicular Disorders see Male Genital Disorders
- Trichomoniasis see Sexually Transmitted Diseases
  
- Vasectomy see Birth Control/Contraception
- Venereal Disease see Sexually Transmitted Diseases

### Exercise Prolongs Men's Sex Lives

Original article:

<http://my.webmd.com/content/Article/72/81858.htm>

Exercise Prolongs Men's Sex Lives

Regular Exercise Can Help Prevent Impotence

By Cherie Berkley, MS

WebMD Medical News

Reviewed By Michael Smith, MD

on Friday, August 22, 2003

Aug. 22, 2003 -- Here's one more reason to exercise -- and believe it or not, it's not heart related. Researchers say exercise may add years to a man's sex life and lower chances of impotence. The study showed that men over age 50 who kept physically active had a 30% lower risk of impotence than men who were inactive. As men age, the chance of impotence increases, but the

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research shows that exercise can keep a man going significantly longer. The findings appear in the August issue of *Annals of Internal Medicine*.

### **Impotence Affects 20 Million Americans**

Studies show that impotence, also called erectile dysfunction, is far reaching; it affects as many as 20 million American men. By age 60 nearly half of all men will have had at least one brush with impotence, researchers say. For decades, worsening sexual function has been accepted as a natural part of aging, but researchers for this study write they may have proof this doesn't have to be the case.

To test their theory, researchers surveyed more than 31,000 men between the ages of 53 and 90. Volunteers rated their ability in the previous three months, without treatment, to have and maintain an erection adequate for sex. Researchers also analyzed other measures of sexual function and looked at the men's lifestyle habits.

### **Fitter Men Have Better Erections**

Results showed that men who were physically active reported better erections: The fitter the man, the better the erection. Frequent, vigorous exercise, the equivalent of running at least three hours a week or playing singles tennis five hours per week, produced the most benefit -- with a 30% lower risk of impotence.

Findings also showed that men less than 60 years old benefited most from exercise. But bad lifestyle habits such as being overweight, watching more than 20 hours of television a week, and smoking offset the benefits of being young.

Researchers write that they hope men will get an important message: Sexual activity can stay strong for years through healthy living. Impotence doesn't have to be a "normal" part of aging.

SOURCE: Bacon, C. *Annals of Internal Medicine*, August 2003; vol 139: pp 161-168.  
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