

Foundation for Positive Masculinity

2023 Conference

Men's Health: Professor Nathan Lawrentschuk





THE UNIVERSITY OF
MELBOURNE
Australia



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The Royal
Melbourne
Hospital
UROLOGY



Men's Health

- Holistic management of health conditions and risks that are most common or specific to men in order to **promote optimal physical, emotional and social health in the medical/health setting**
- Male sexual health is importantbut men's health goes far beyond sexual and reproductive health

Why do we need conferences about men?

Men in Western societies *less inclined* than women - active role in maintaining their health: mental health and wellbeing issues.

Social and cultural reasons for this include:

- **Strength and silence** – Men feel that sign of weakness or ‘femininity’ to seek help
- **Invulnerable** – Males esp. teenagers = indestructive behaviours: drug/alcohol, driving
- **Regular contact doctors** – Women: reproductive issues – Men don’t have similar reason

The challenge of masculinity

- Men in this crowd will have a different experience of life than their father who had it different to their father That is evolution
- Dangers of masculinity may have been over emphasised
- How we learn to evolve in a positive manner is what will define men
- Men can & need to take control of their own health and wellbeing



Positive Masculinity

Warmly embrace positive aspects of masculinity - extend definitions



Strength



Courage



Assertiveness/Leadership



Independence



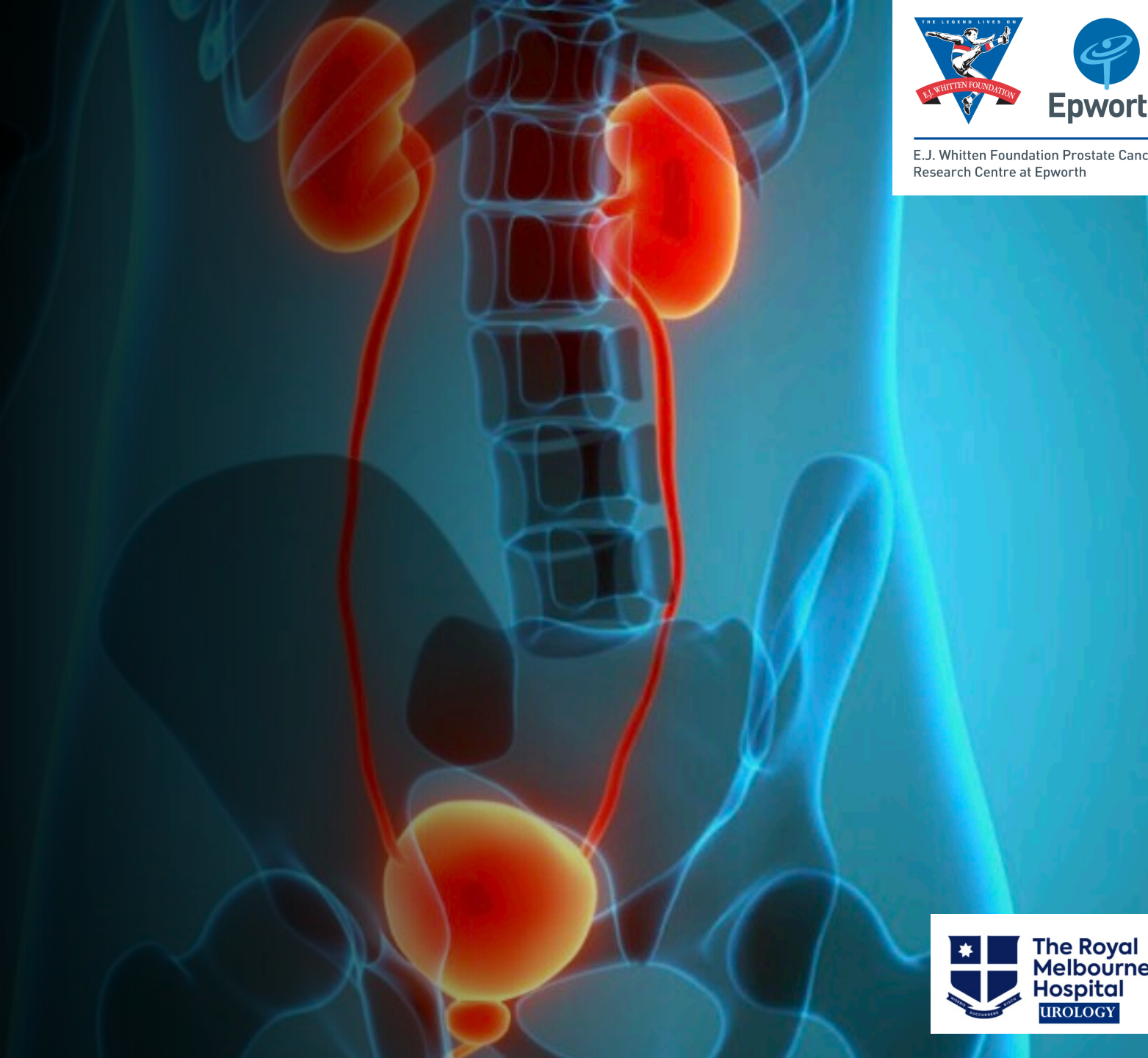


QUIZ

Where is the prostate?



E.J. Whitten Foundation Prostate Cancer Research Centre at Epworth



Male Urinary Tract

Seminal

Prostate gland

60%

of Men United didn't know the
prostate sits underneath the
bladder



Why men don't know where the prostate is!

Gender bias in sexual health education: why boys do not know where the prostate is?

Australia has one of the highest rates of prostate cancer (PC) incidence in the world, yet men continue to have poor knowledge of where their prostate is located and what functions it performs.^{1,2} Given the growing interest in men's health as a priority issue, and calls for greater involvement of men in sexual and reproductive health, we propose that knowledge of the prostate through basic sexual education taught in schools can increase awareness and serve to improve health outcomes for men.

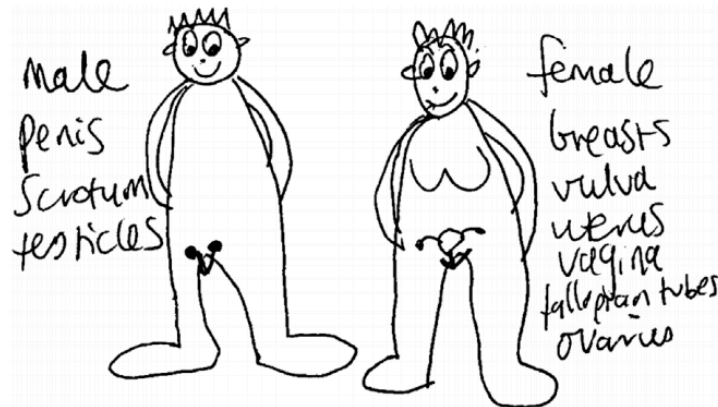
A recent survey of children in primary school reported that 74% of boys cited school programmes as the most used source of information about sexuality and health.³ Sexual health education in schools refers to a curriculum of addressing urogenital anatomy and physiology, reproduction, contraception and related topics which begins around age 10.⁴ The learning goals as set by the Australian Curriculum, Assessment and Reporting Authority (ACARA) are the identification of private parts of the body with progression to basic male and female anatomy.⁴ Despite this early opportunity to teach boys about male urogenital anatomy (Fig. 1), anecdotally it

appears that the prostate is rarely included, while female anatomy is taught in greater detail. The lack of prostate education at a young age may contribute to poor understanding of the prostate that has been identified by a survey of Australian men which demonstrated that 80% of men did not understand the function of the prostate.² This is consistent with a more recent survey of men in the UK, in which 17% of participants were not aware they had a prostate, only 8% understood the function of the prostate and the majority were unaware of its anatomical location.⁵

Currently, changes in health priorities and social mores have broadened the focus of sexual health education from biomedical and physiological aspects to include preventative health measures.⁴ Given the aim of health education to improve health over the course of a person's life, neglecting to teach boys about the prostate during their formative years has potentially harmful consequences. Multiple studies have demonstrated that men with greater understanding and education about prostate health are more likely to engage in health services and shared decision-making about PC screening.⁶



Fig. 1. An example of male and female urogenital anatomy teaching from an Australian primary school.



ANZ Journal
of Surgery

Royal Australasian
College of Surgeons

Gender bias in sexual health education: why boys do not know where the prostate is?

Teh J, Duncan C, Nzenza T, Bolton D, Lawrentschuk N.

ANZ J Surg. 2019 May;89(5):467-468. doi: 10.1111/ans.15126.

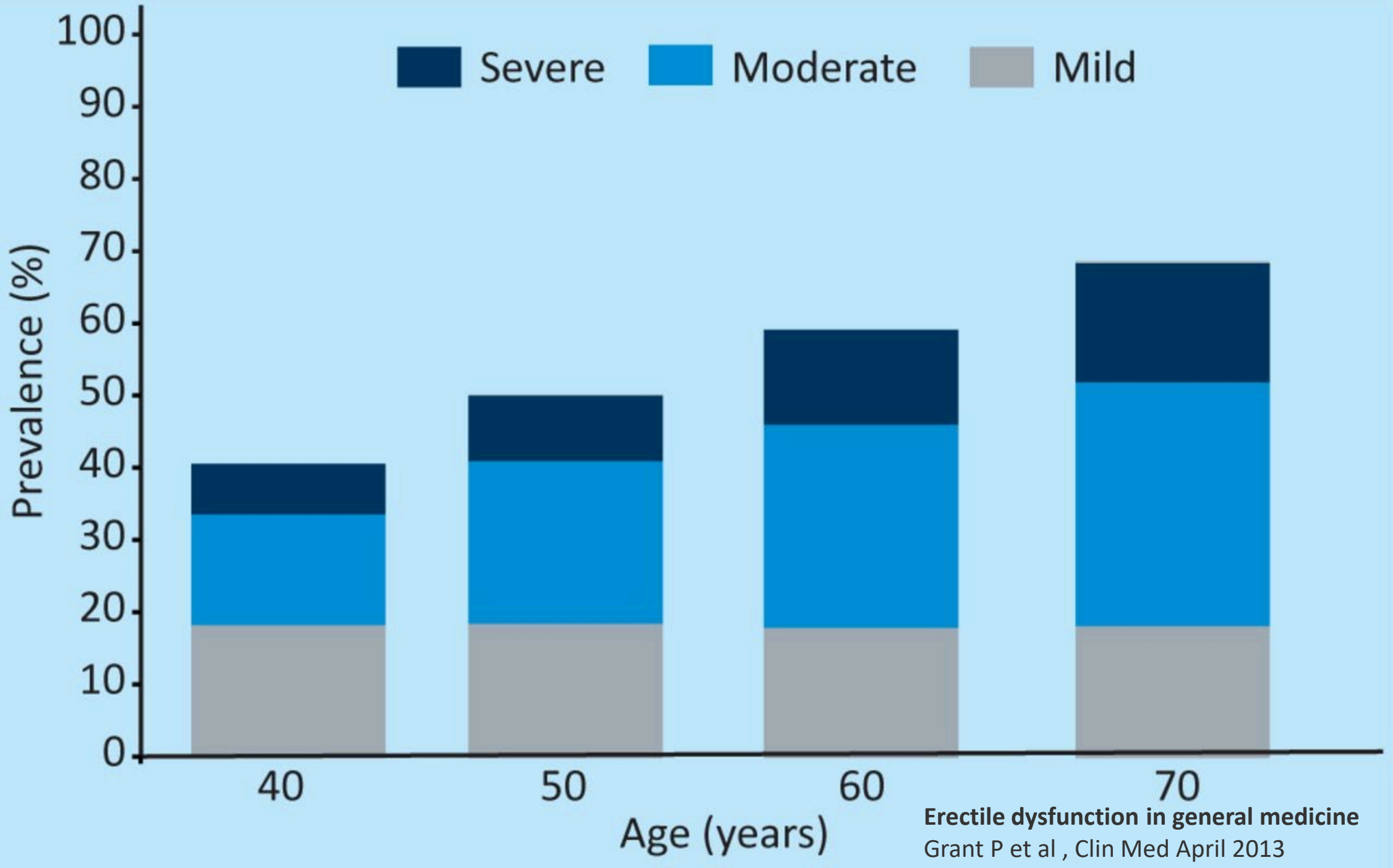


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QUIZ

What % of men
get erectile
dysfunction and
at what age?





Erectile dysfunction in general medicine
Grant P et al , Clin Med April 2013

MEN'S HEALTH FACTS



4.4

**Men live
on
average
4.4 years
less than
women**



11

**The last 11
years of life
will be in
relatively
poor health**



Men are more likely to die from heart disease at earlier ages.



Men are at a significantly higher risk of dying from liver disease.



80% of spinal cord injuries occur in young Men.



70% of developmental and learning disabilities affect Boys.



Men have an increased risk of dying from diabetes.

Top 3 reasons for reduced lifespan in men

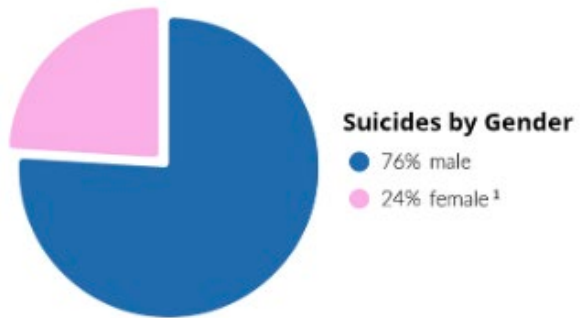


CARDIOVASCULAR DISEASE

Exercise
Smoking
High blood pressure
Cholesterol
Diabetes
Family History



SUICIDE



MOTOR VEHICLE ACCIDENTS

4 ♂ Male deaths are at a rate of more than 4-1 compared to females.
1 ♀

Alcohol Consumption Environment



Globally, alcohol kills almost 6 times more Men than Women.

Work

Men make up **56%** of the workforce yet **94%** of all workforce fatalities are men



Theories for health differences

It is clear women are healthier than men, why? Some theories explaining the health differences include:



- Healthcare needs of women and children > spent on the healthcare needs of men
- The healthcare system and research dollars reflects this bias
- 6x as much spent on women's health research than men's



- Men prefer to see a male doctor/health worker for intimate or embarrassing issues - family doctor may be female



- Traditionally encouraged to do the high-risk jobs that are stressful, dangerous and deadly (mining, logging and construction)

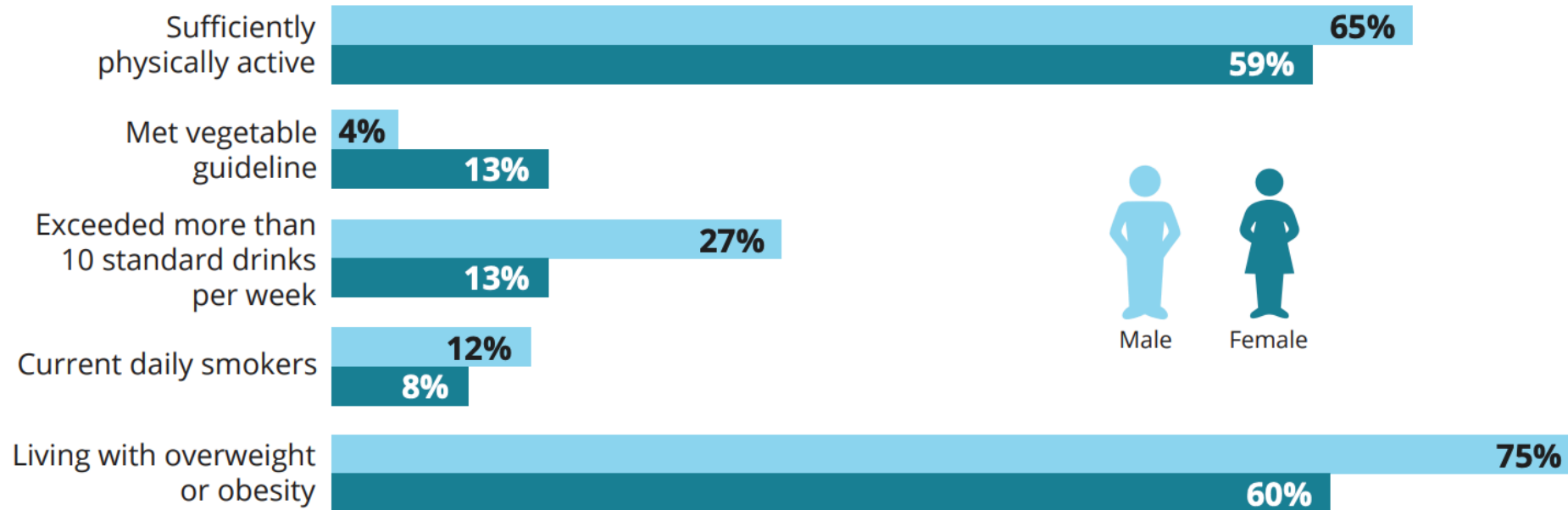
There is no hope...it's in **your** hands

Only 30% of a Man's overall health is determined by his genetics:

Having a Y chromosome is not an excuse for unhealthy lifestyle choices.

Increasing lifespan in men

Proportion of males and females with the following risk factors



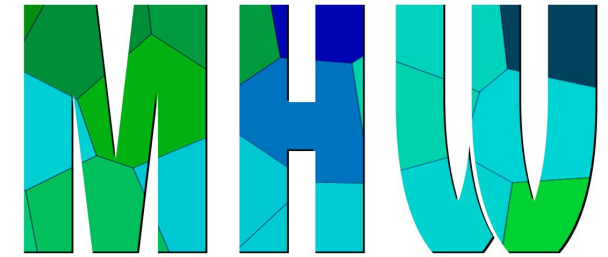
40% of disease burden among males could have been prevented by avoiding or reducing exposure to certain risk factors



Australian Government
Australian Institute of
Health and Welfare

AIHW

Be proactive about health

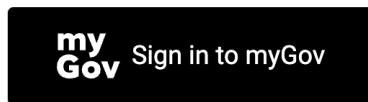


How to get a Medicare card online

If your Medicare online account is linked to myGov you can get your own card online.

To do this:

1. Sign in to myGov.
2. Select **My card**.
3. Select **Get a new card and number**.
4. Follow the prompts.



You can also use the [Express Plus Medicare mobile app](#).

You can get your own card online if you meet all of these requirements:

- you're living in Australia and you're an Australian citizen, a New Zealand citizen or a permanent resident visa holder
- you're 15 or older
- you're not on a family card only
- your current Medicare card has other people on it
- you want your own Medicare card with just your name on it.

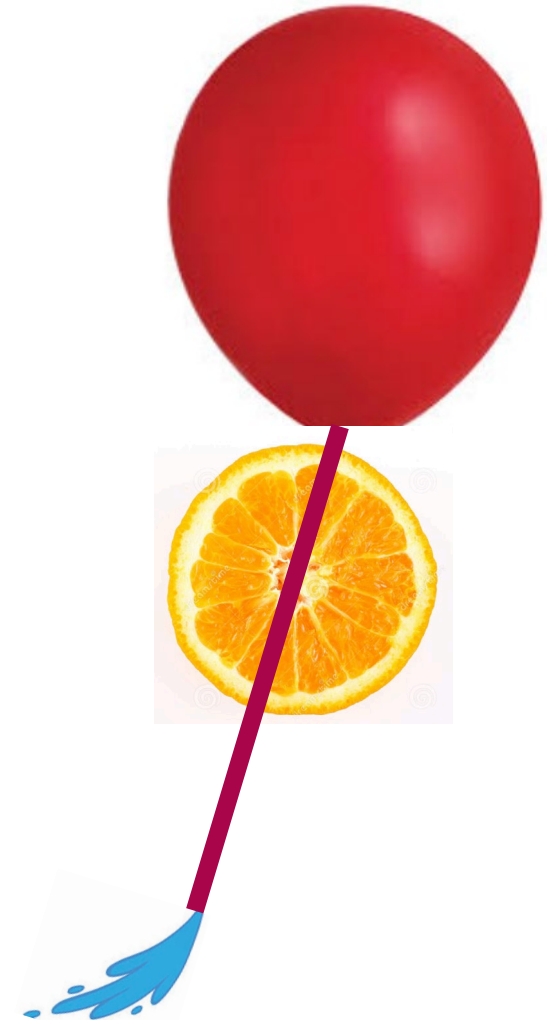
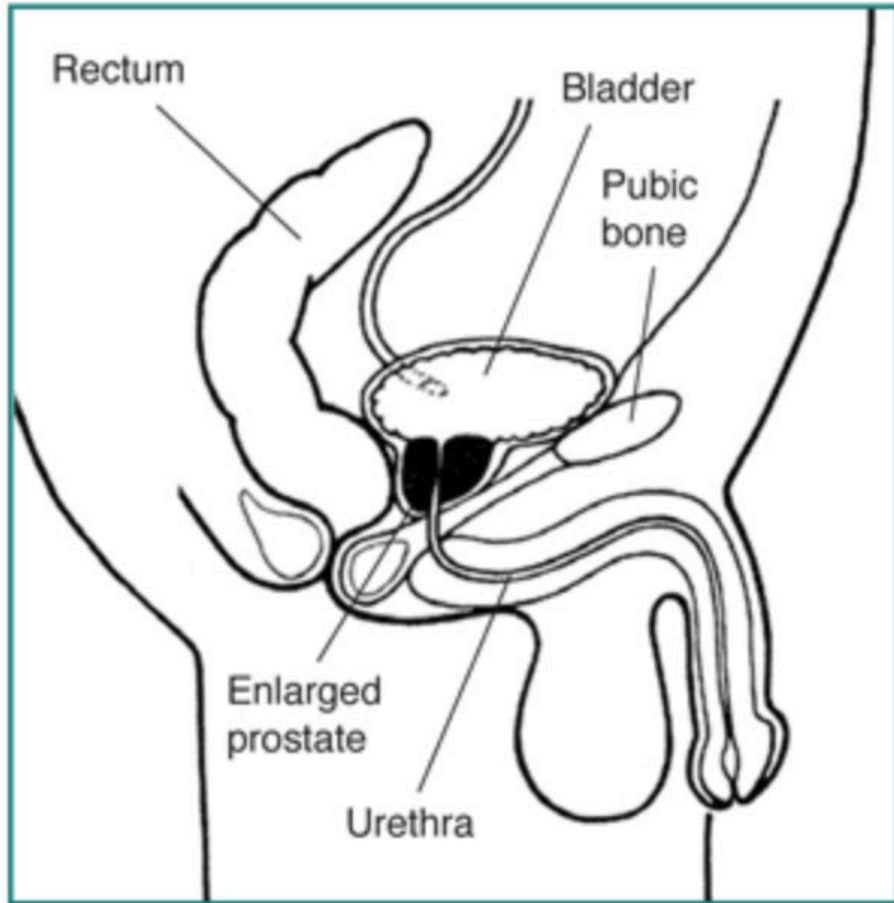


79% of Australian males aged 15+ visited a GP in the last 12 months in 2021-22

Easy: Balloon, Orange, Straw

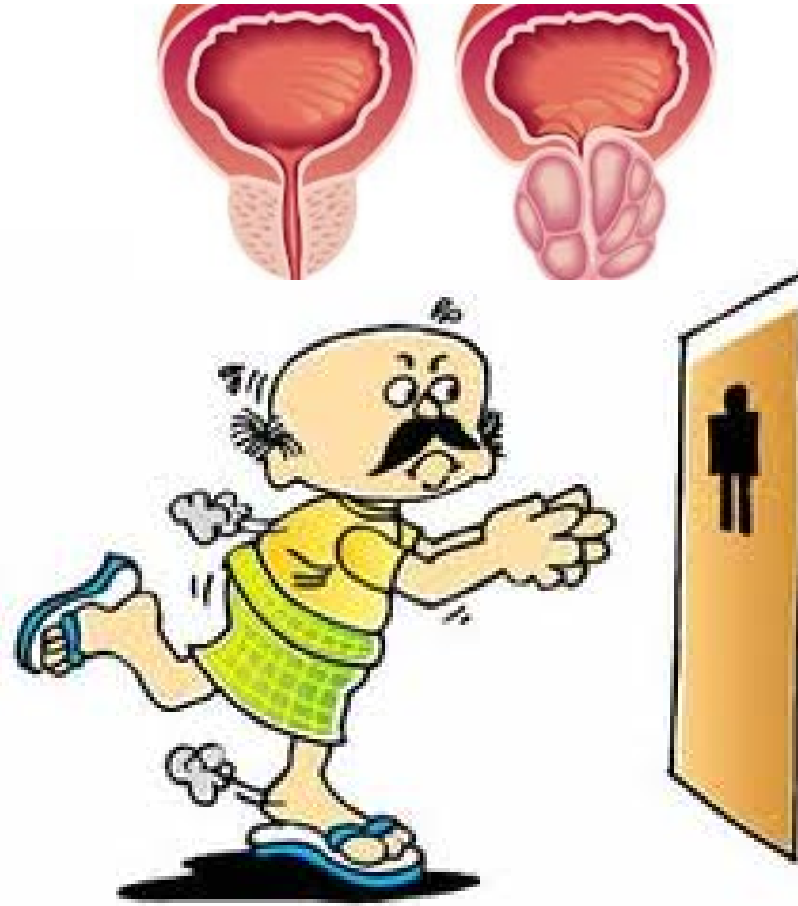


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OBSTRUCTIVE

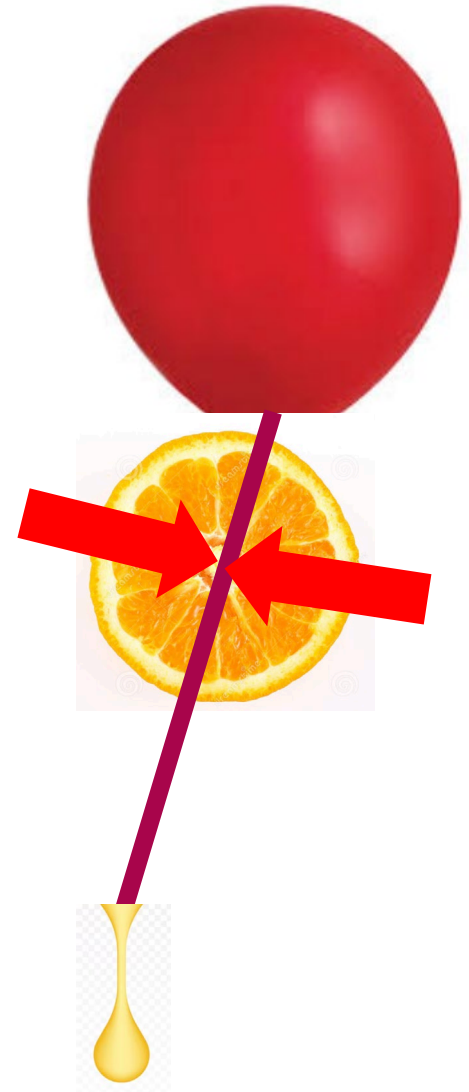
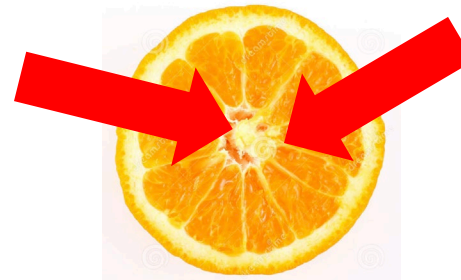


IRRITATIVE

Benign Prostatic Hyperplasia

Benign Prostate Disease in Fruit or Pith

60+% men by age 80

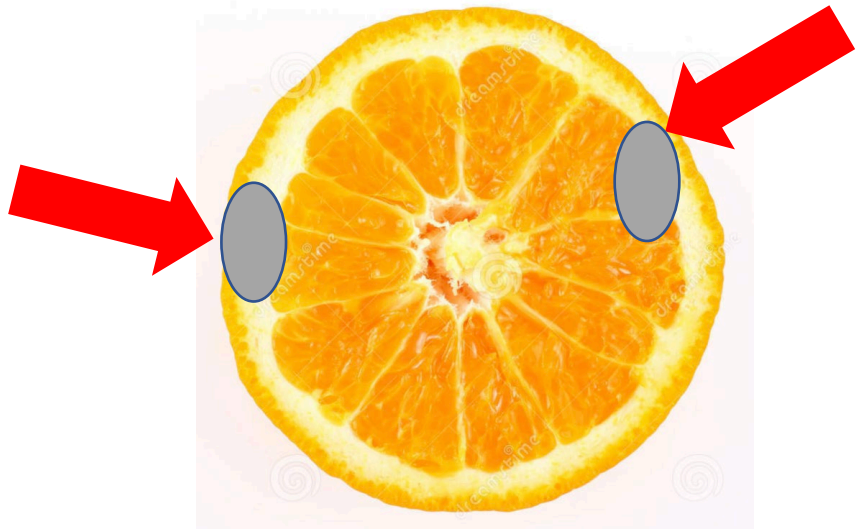


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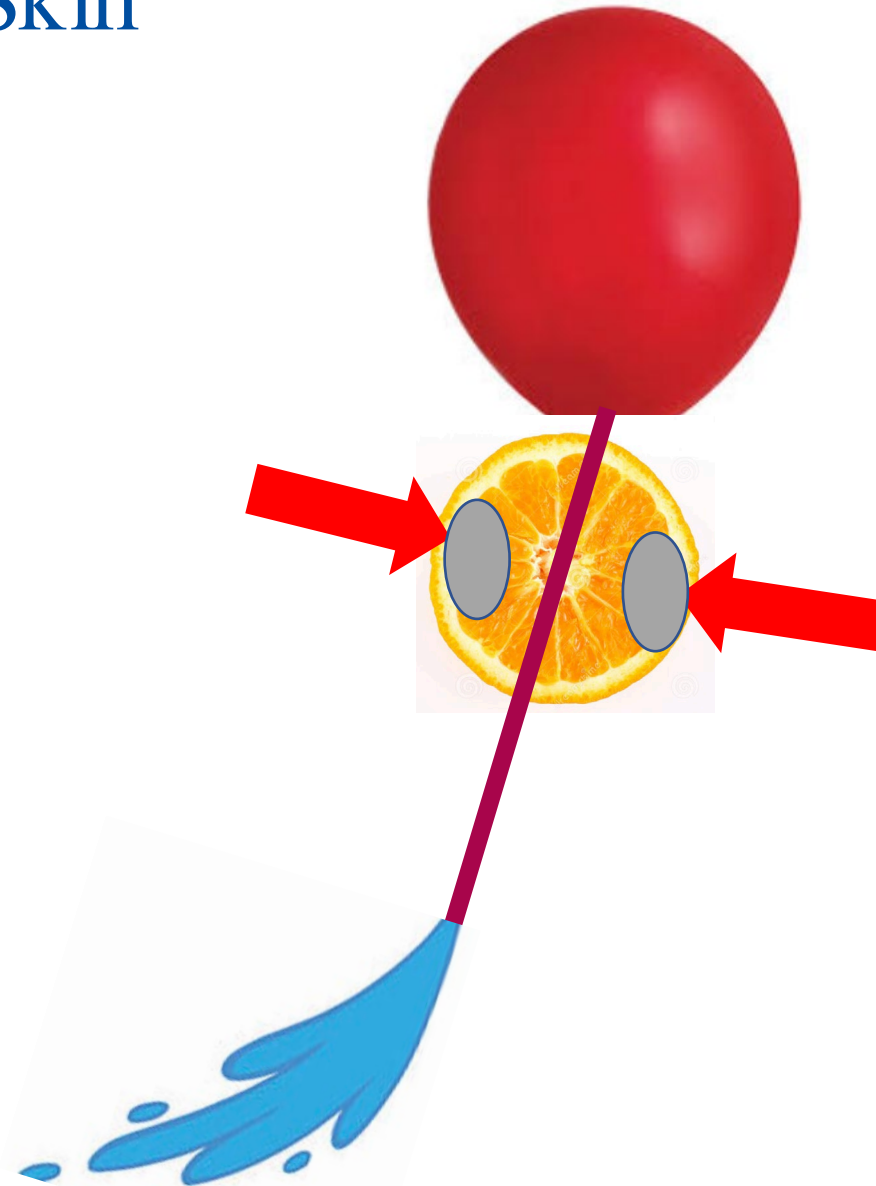


Prostate Cancer in the Orange Skin

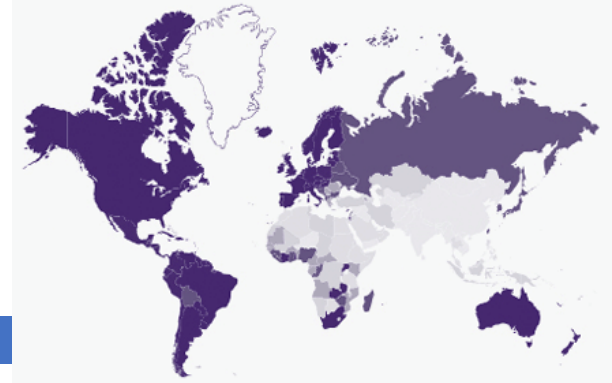
NO SYMPTOMS IN MOST CASES



1 in 6 Men
1 in 3 if you have a father or brother
with Prostate Cancer

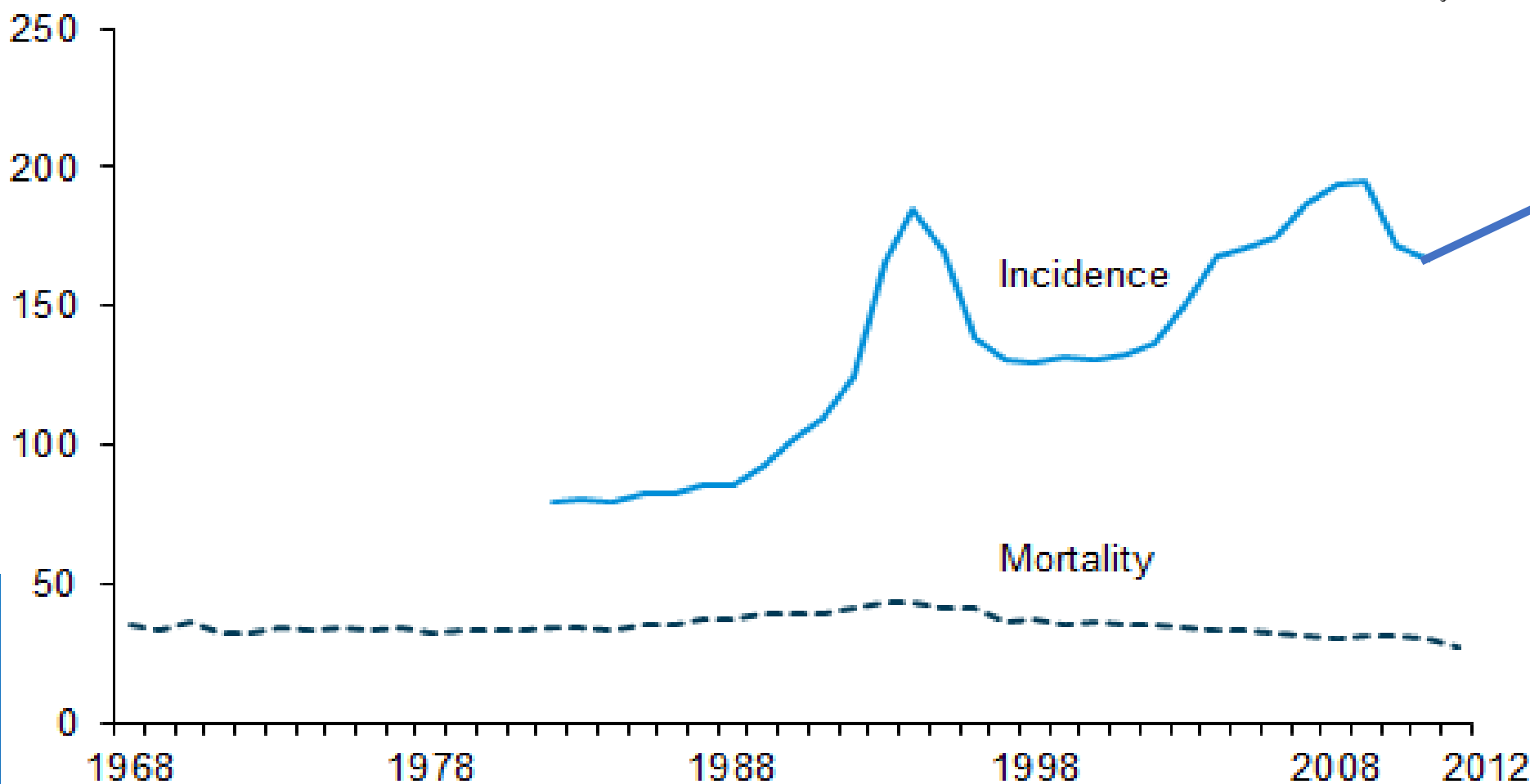


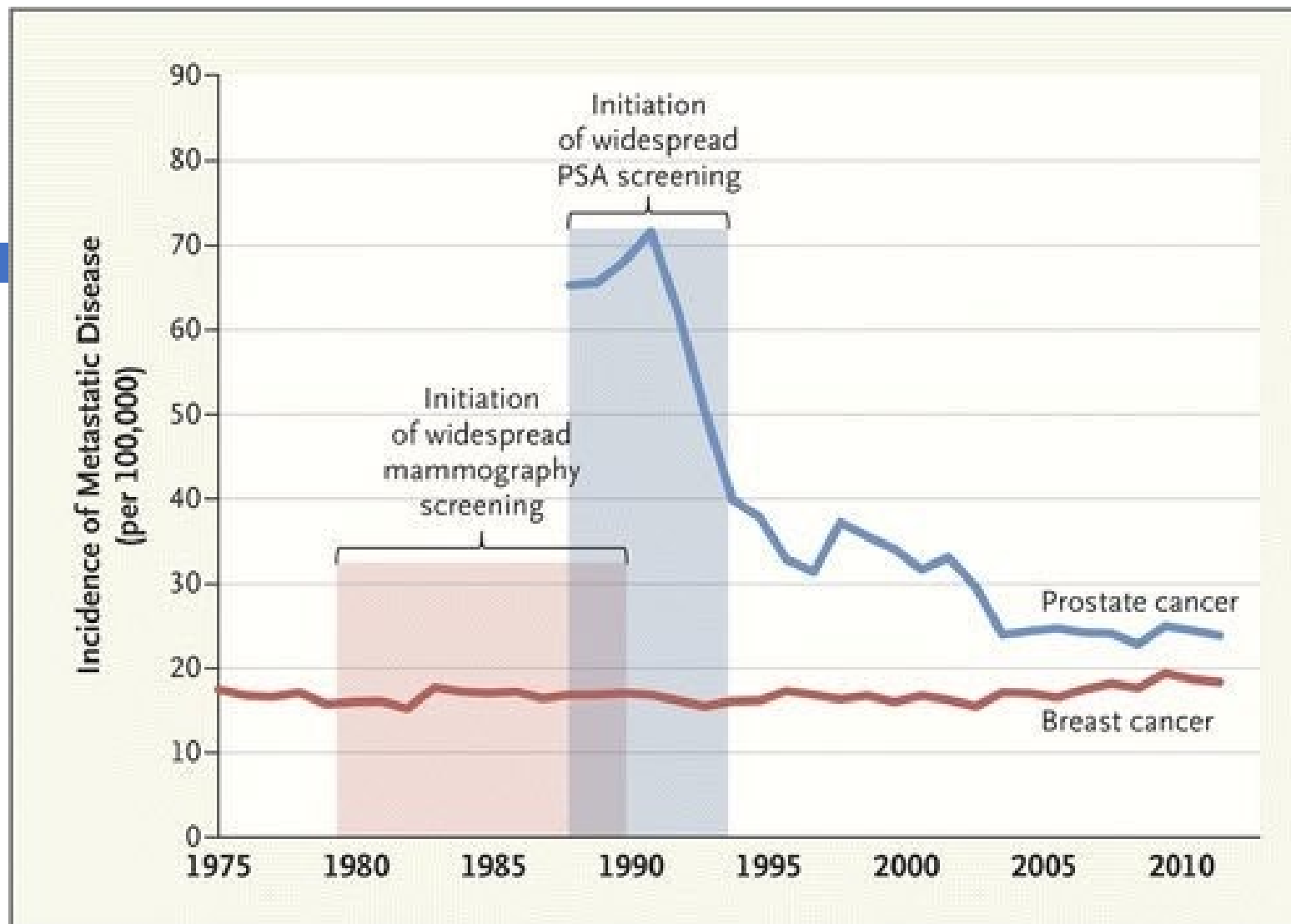
Prostate Cancer remains a problem in Australia



0 5.8 15.0 27.5 67.7 174
Age-standardised incidence rates per 100,000

Number per 100,000 males





Trends in Metastatic Breast and Prostate Cancer — Lessons in Cancer Dynamics

H. Gilbert Welch, M.D., M.P.H., David H. Gorski, M.D., Ph.D., and Peter C. Albertsen, M.D.
N Engl J Med 2015; 373:1685-1687 | [October 29, 2015](#) | DOI: 10.1056/NEJMp1510443

Confusion
reigns?

Do I Have Cancer?

Yes

No

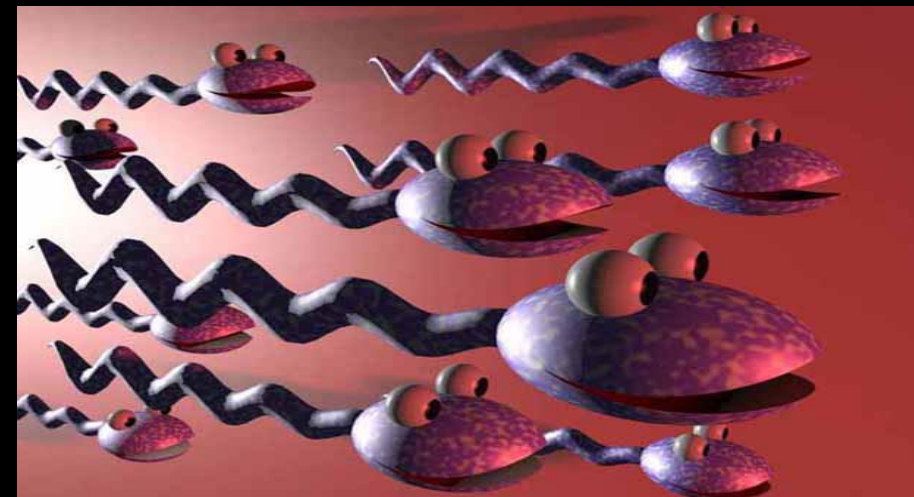
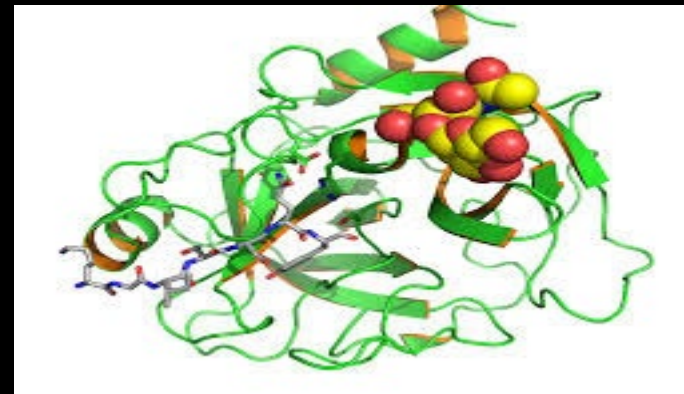


Don't
Tell Me




WHAT IS PSA?

- PSA= prostate specific antigen
Enzyme (breaks up protein)



Can we detect cancer early?

- Yes 
- PSA (prostate-specific antigen) leaches into blood
- PSA Levels related to age
- If PSA above expected - it is a



Relax, Mr. Miller. It's just
a standard prostate exam.




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GJCoulkins



Australian Consensus Guidelines for PSA Testing



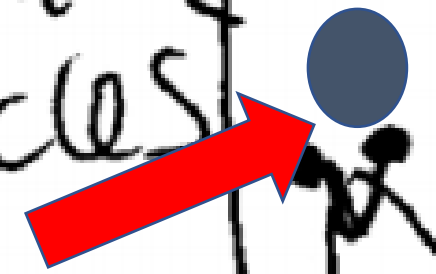
- National Health and Medical Research Council
 - Urologists
 - Family Doctors
 - Advocacy groups
 - Cancer Australia
- 
- **GET A PSA
(PROSTATE BLOOD TEST)**

Men Over 50 years

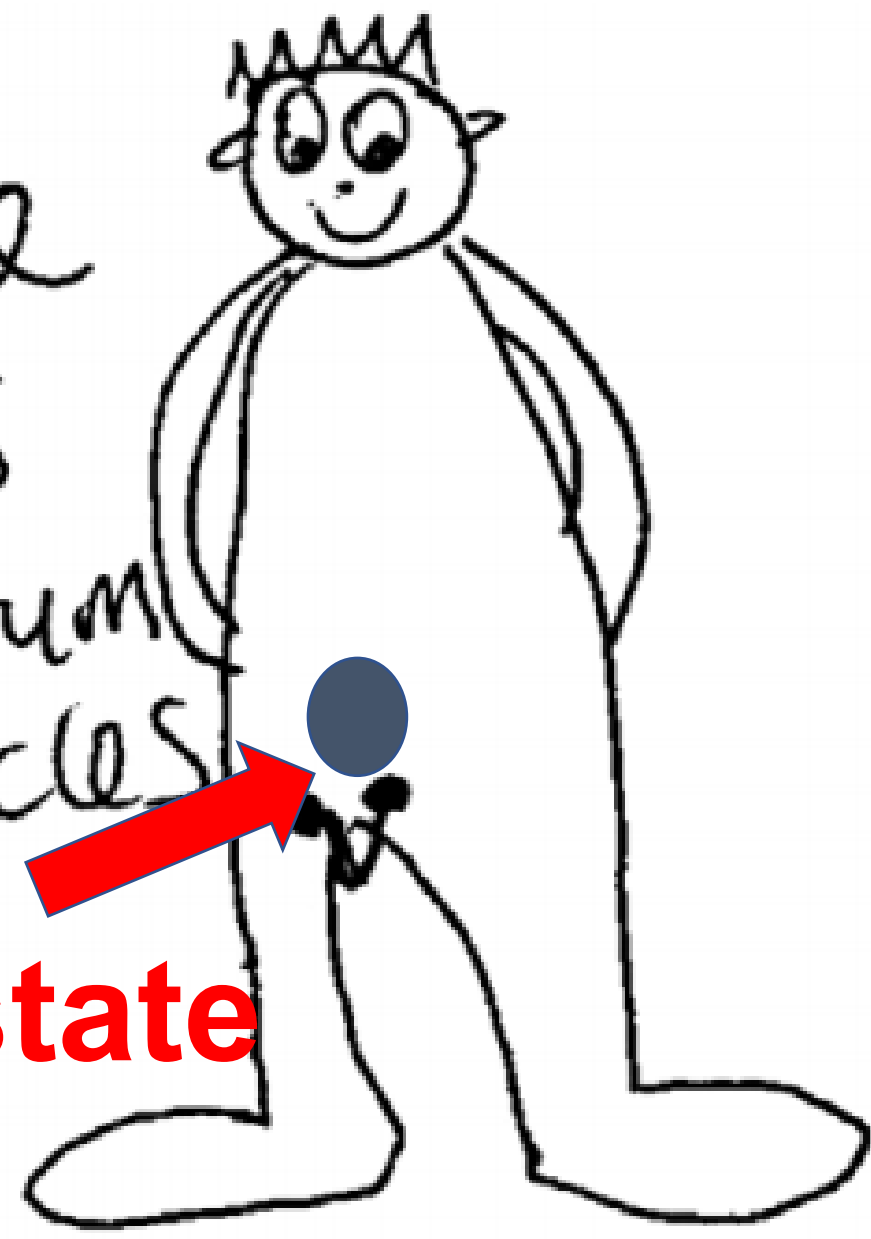
Life expectancy >10 years

Start at 40 if first degree relative

male
penis
scrotum
testicles



Prostate



female
breasts
vulva
uterus
vagina
fallopian tubes
ovaries

Take home messages

Prof Nathan Lawrentschuk

- Understand risks of health for men – family history, have discussions
- Celebrate masculinity – but evolve to remain relevant
- Seek help from friends and health workers earlier rather than later
- Choose lifestyle and behavior and habits that will improve your quality of life in the next 50-75+ years



Thank
you



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