



**Medical
Blueprints**

HEALTH ISSUES MEN SHOULDN'T IGNORE REPORT #2772

BACKGROUND: The average man pays less attention to his health than the average woman. Men are more likely to drink alcohol and use tobacco; make risky choices; and not see a doctor for regular checkups. They are diagnosed with diseases that can affect anyone such as heart disease, stroke, diabetes, cancer, and depression. But they also have unique diagnosis such as prostate cancer and benign prostate enlargement. Many of the major health risks that men face can be prevented with a healthy lifestyle. This includes regular exercise, a healthy diet, not smoking, stress reduction, and alcohol consumption in the moderate range (meaning no more than two drinks a day) if at all. Regular checkups and screening tests can spot disease early, when it is easiest to treat.

(Source: <https://www.health.harvard.edu/topics/mens-health>)

HEALTH CONDITIONS MORE COMMON IN MEN: Heart disease causes about 25% of men's deaths, whereas in women, it's 23%. Men tend to have more heart disease risk factors due to higher cases of smoking and drinking alcohol. More men than women get lung cancer each year and also die from it. Men who use cigars and pipes increase their risk of it. Men are more likely to have high blood pressure up until age 45, and more than half of all Americans with untreated diabetes are men. Parkinson's affects about 50% more men than women. Doctors feel genetics, hormones, and environmental factors all play a role. After age 50, men are more than twice as likely as women to develop skin cancer. One big reason is that men often spend more time in the sun and are less likely to use sunscreen. The most common areas men develop skin cancer is the scalp and ears. As many as 30,000 people in the U.S. have ALS, and about 60% are men. A small percentage inherit it from their parents, but it's not clear why most people get this disease. Finally, more than 1.1 million people have HIV in the U.S., and about three-quarters of them are men.

(Source: <https://www.healthgrades.com/right-care/mens-health/6-health-conditions-more-common-in-men>)

TREATMENT BREAKTHROUGH FOR ERECTILE DYSFUNCTION: Men's sexual health specialists at Colorado Urology are offering a new treatment option for men living with erectile dysfunction (ED). The treatment is called Axol Softwave Therapy. It is a safe and non-invasive treatment option that aids men with ED to achieve natural erections without the help of medications. It's considered a modern approach to healing the body by using four types of energy: heat, electrohydraulic, acoustic, and light. Low-intensity sound waves stimulate revascularization, a process in which new blood vessels form. This therapy helps blood flow to the penis, reduces inflammation, and stimulates the movement of the body's stem cells for long-term healing. Axol Therapy typically takes only 20 minutes, once a week, for a total of six sessions in a physician's office. Most patients see results within six office visits, however, improvement may be seen after just a few sessions.

(Source: <https://www.prnewswire.com/news-releases/breakthrough-non-invasive-treatment-called-axol-therapy-for-erectile-dysfunction-and-enhanced-sexual-performance-now-available-at-colorado-urology-301009963.html>)

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