

STANZA 827

MONTHLY WEBINAR

07-25-2020

MEN'S HEALTH

WITH SPECIAL FOCUS ON AGE 50 & BEYOND

HOW TO MAXIMIZE HEALTH TO ENJOY THE LATER YEARS.

BY ADETUNJI ADEJUMO, MD, FACP

SENIOR CONSULTANT IN MEDICINE AND INFECTIOUS DISEASES

The background features a dark blue gradient with faint, light blue circular patterns and a scale. The scale is a large arc on the left side, with numerical markings from 140 to 260 in increments of 10. Several smaller circles and arcs are scattered across the background, some with arrows indicating direction. The overall aesthetic is technical and scientific.

QUESTION:

WHEN YOU THINK ABOUT YOUR HEALTH,
WHAT COMES TO YOUR MIND?

WHAT IS HEALTH?

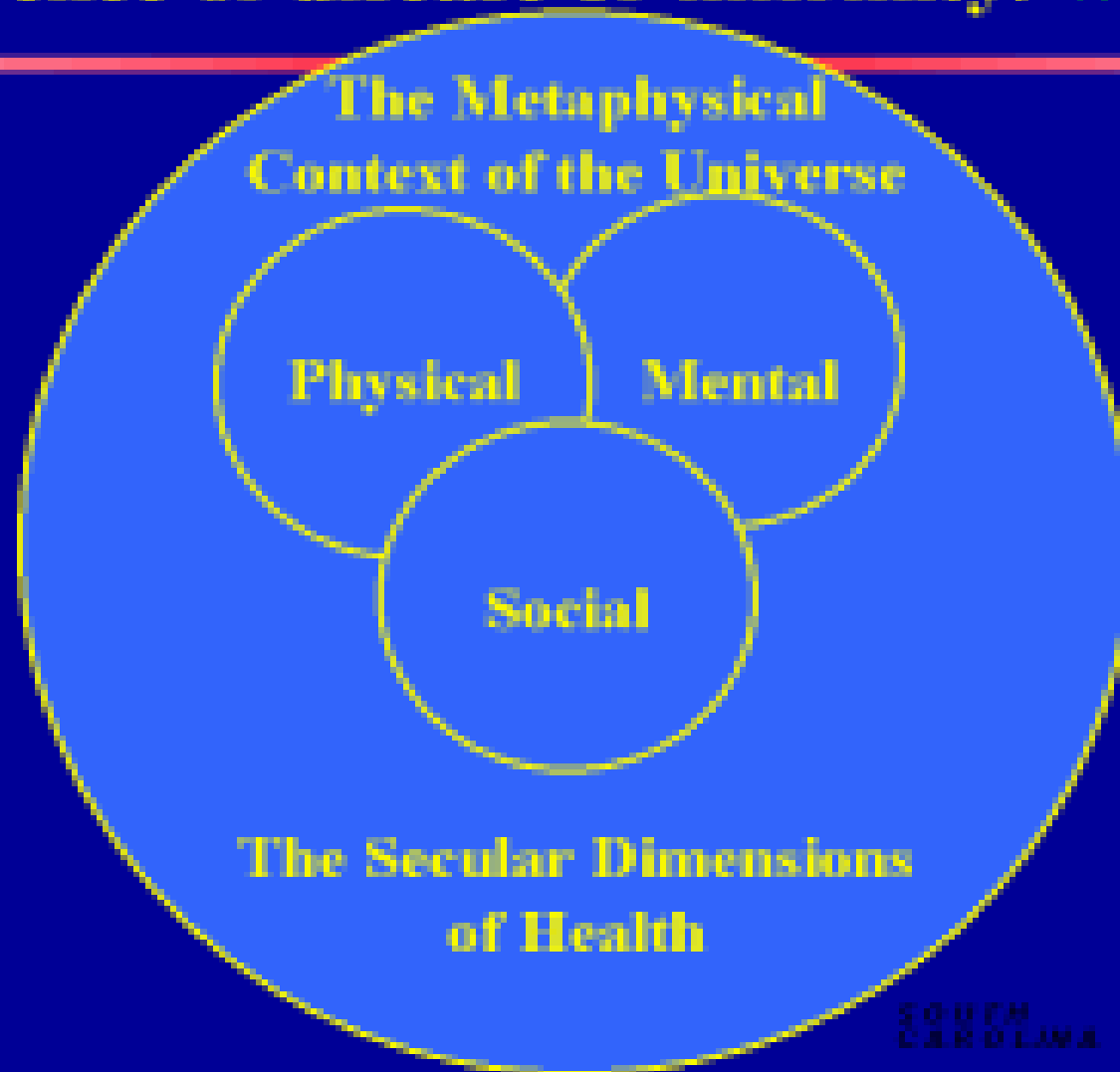
HEALTH= Germanic origin word for “Been Whole”

The state of being free from disease, illness or injury.

WHO (World Health Organization-1947)

Trivia: Health is Wealth and Time is Money

**Health is a state of complete Physical, Mental,
and Social well-being and not merely the
absence of disease or infirmity. WHO, 1947**



FUNDAMENTALS OF HEALTH

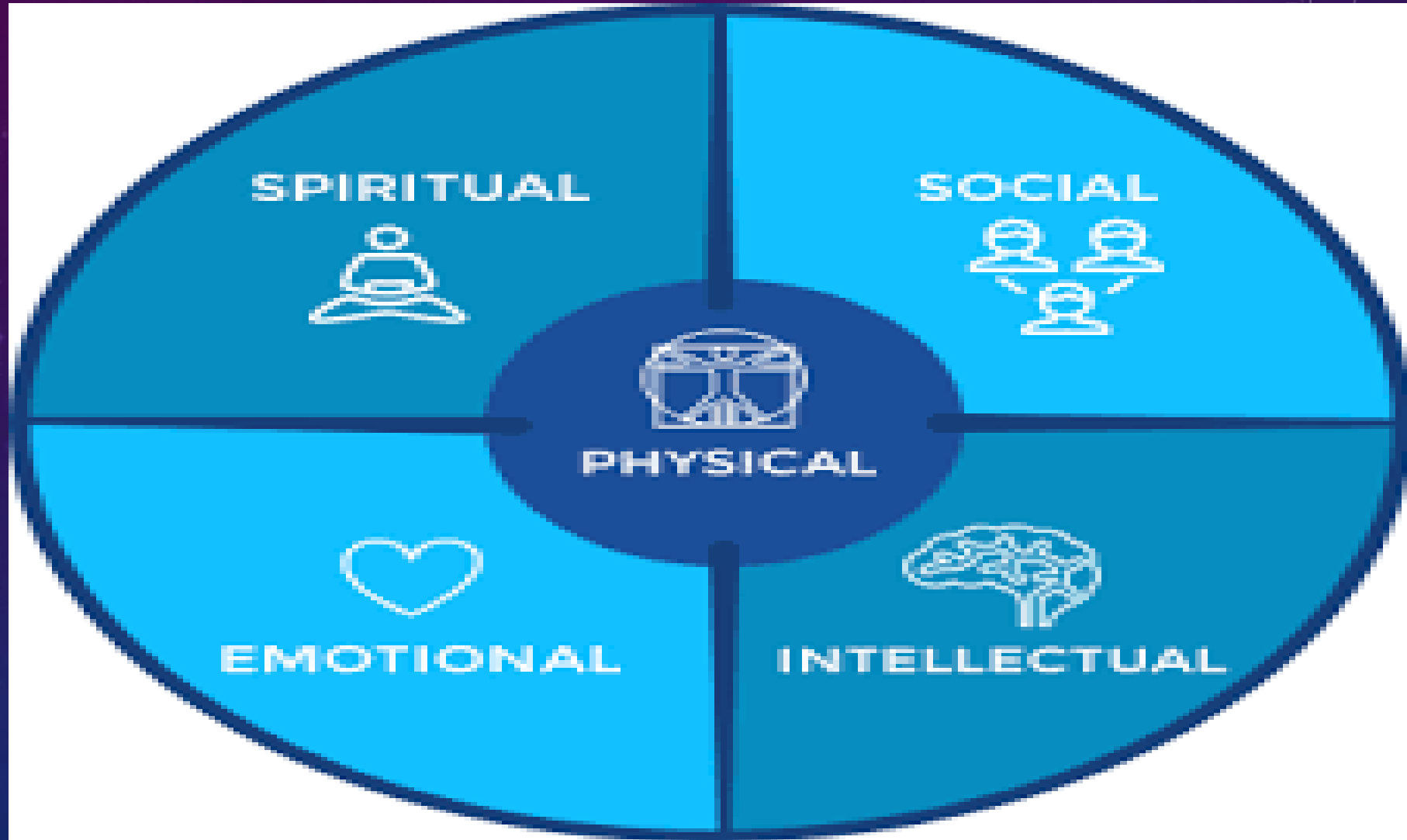
ILLNESS : Experience of feeling unwell

WELLNESS: Well being, Quality of Life, Happiness, Satisfaction

SICKNESS: Social, Cultural

DISEASE: Pathology

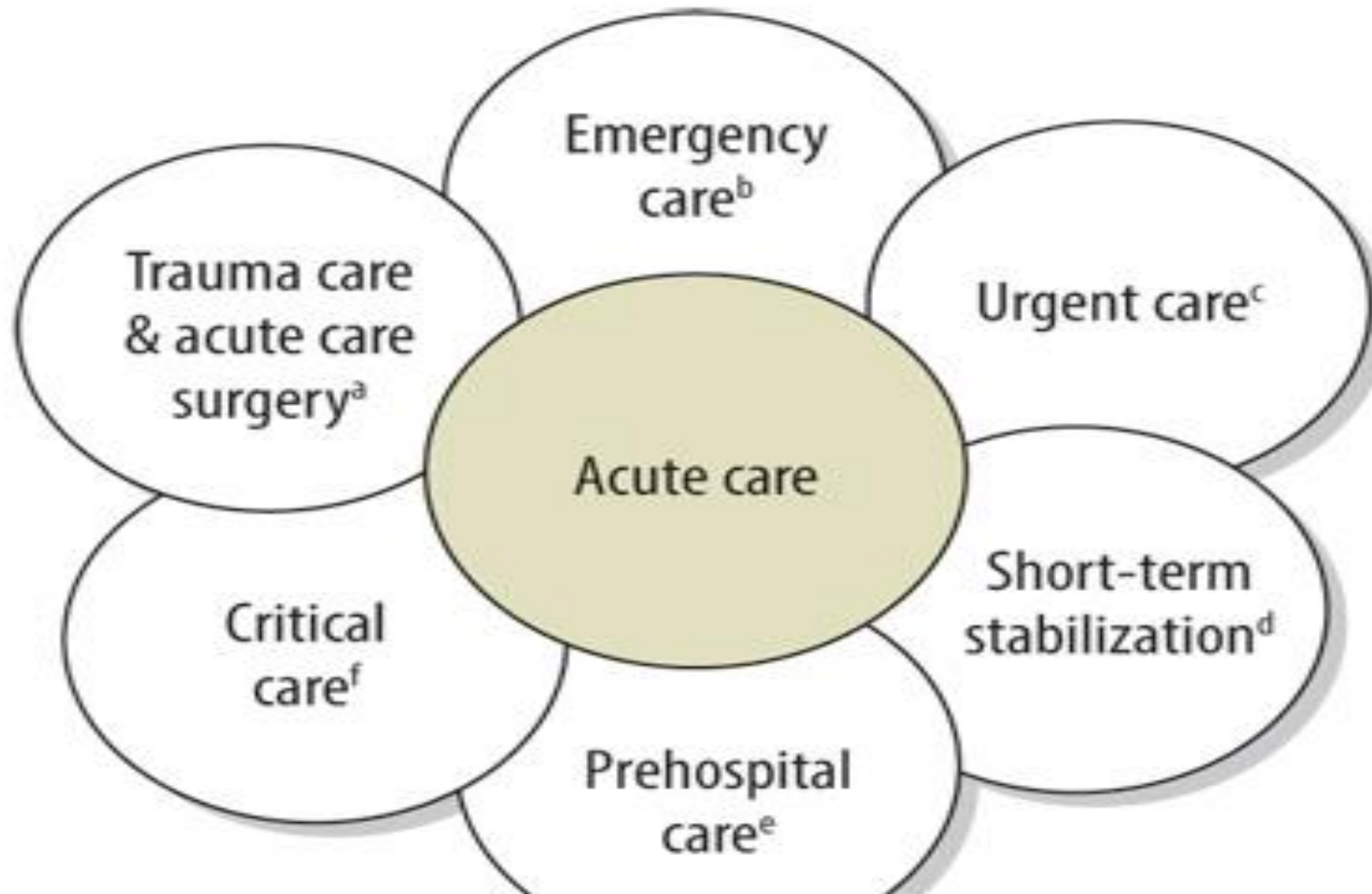
"BEEN WHOLE"



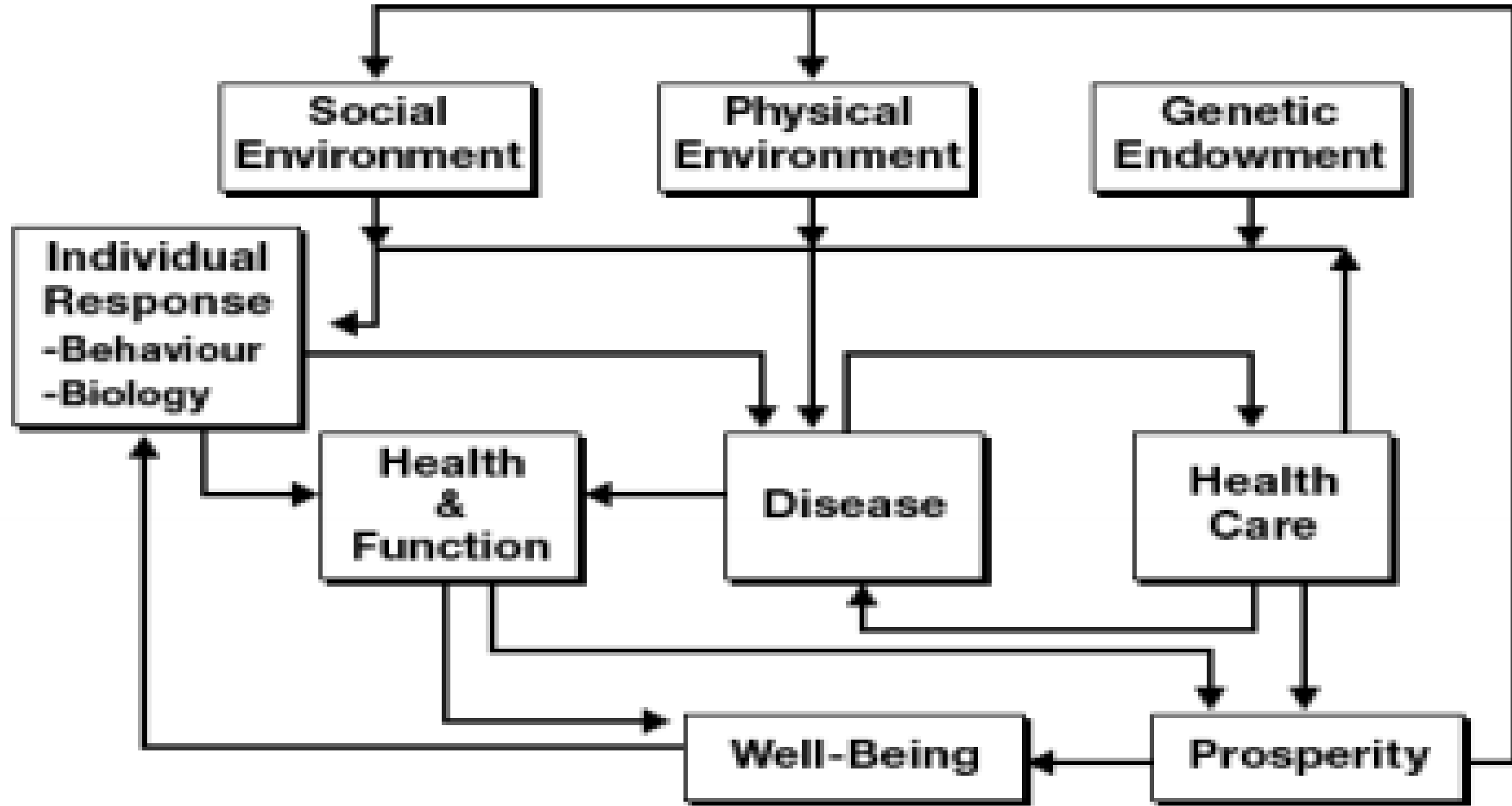
Comparison of health situation in Nigeria with some reference countries, regions and the world

	Countries/Regions	Life expectancy at birth (2007)	Life Expectancy at Birth (2017)	U5MR per 1000 live births (2007)	U5MR per 1000 live births (2017)	Estimated population (2018)
	Nigeria	49	54	146	100	195million+
Reference countries	Ghana (Western Africa)	60	63	82	49	29million+
	Malawi (Southern Africa)	53	64	103	55	18million+
	Rwanda (Eastern Africa)	59	67	88	38	12million+
	Sudan (Northern Africa)	61	67	84	63	41million+
	Norway	80	83	4	3	5million+
	United States	78	79	8	7	327million+
	China	75	76	20	9	1.393billion
	Australia	81	82	5	4	24million
	Reference regions & world	East Asia & Pacific	74	76	26	16
Europe & Central Asia		75	78	15	9	918million+
Latin America & the Caribbean		73	76	24	18	641million+
Middle East & North Africa		72	74	31	23	448million+
South Asia		66	69	71	45	1.814billion
Sub-Saharan Africa		55	61	116	76	1.078billion
World		70	72	58	39	7.594billion

NAVIGATING THE HEALTH SYSTEM



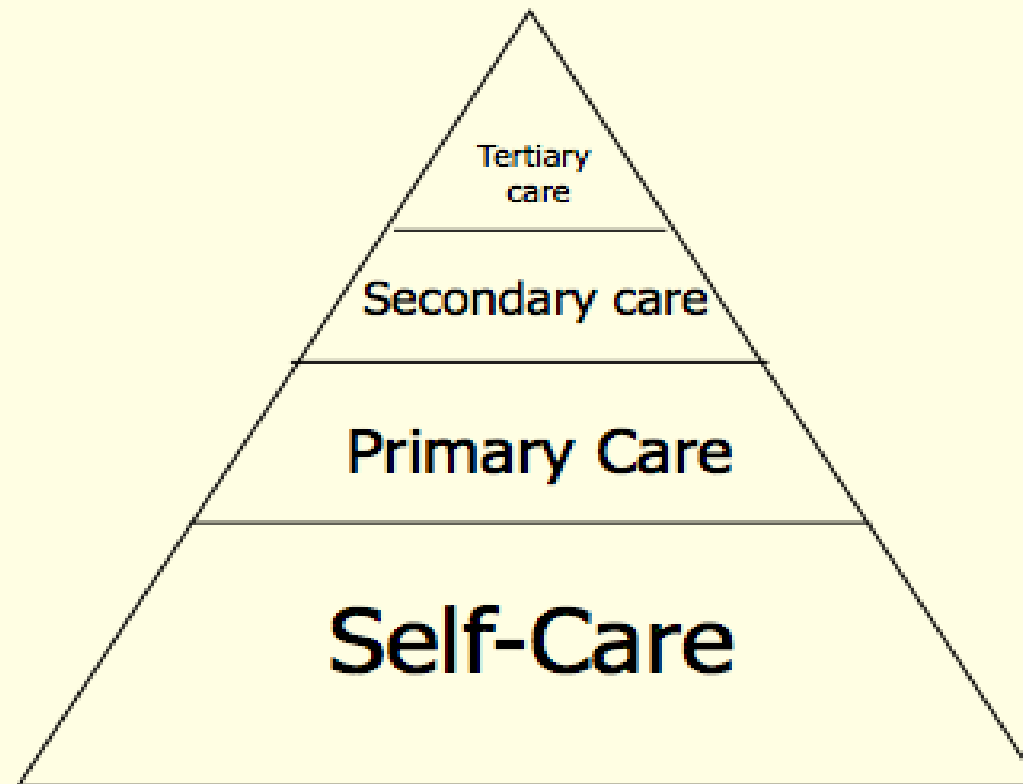
MULTIPLE DETERMINANTS OF HEALTH AND DISEASE



IOM Committee Definition of Health Literacy

- **Health Literacy is:**
 - The degree to which individuals have the capacity to obtain, process, and understand health information to make appropriate health decisions.

Self-care is the foundation of healthcare, but is generally outside the formal health and social care systems



UNDERSTANDING YOUR HEALTH

- PAST
- PRESENT
- FUTURE



Top Ten (10) causes of most deaths in Nigeria

Causes of death	IHME rank 2007	IHME rank 2017	Percentage change (2007 – 2017) (%)
Malaria	1	4	-35.8
Diarrheal disease	2	5	-39.5
HIV/AIDs	3	3	-25.7
Lower respiratory infection	4	1	-10.7
Neonatal disorders	5	2	-1.5
Tuberculosis	6	6	-15.2
Meningitis	7	7	-2.0
Cirrhosis	8	10	1.3
Ischemic heart disease	9	8	24.5
Stroke	10	9	15.0

Top Preventive Screenings for Men in their 20's, 30's, 40's, 50's, and 60's

Preventive Screenings	20's	30's	40's	50's	60's
Blood Pressure	Every 2 years or more often if levels are high				
Cholesterol	As your doctor suggests or if at increased risk, check every 5 years at age 45				
Testicular Exam	Discuss with your doctor				
Eye Exam	Every 5-10 years		Every 2 years		Every 1-2 years
Sexually Transmitted Infections	Annually if sexually active				
Weight	Annually				
Skin Test	Annually				
Prostate Cancer Screening	N/A		Discuss with your doctor		
Colorectal Cancer Screening	N/A		Every 2 years if high risk	Annually	
Diabetes Blood Sugar Test	If high risk		Every 3 years beginning at age 45		

ESSENTIAL HEALTH SCREENINGS FOR MEN >50YRS

- Abdominal Aortic Aneurysm...
- Blood Cholesterol...
- **Blood Pressure.** ...
- Colon Cancer. ...
- Depression. ...
- Diabetes. ...
- Hepatitis C Virus. ...
- HIV/ STDs...
- Obesity...
- Sleep Apnea...
- Prostrate cancer...
- Heart Failure

TIME TO PUT YOUR HOUSE IN ORDER

- Advance directives...
- Choose a POA (Power of Attorney for healthcare)...
- Health Savings Account...
- Invest in essential home medical equipments...
- Know your numbers...
- Lifestyle changes...
- Know your body; check out new changes...
- Seek 2nd opinion; It is your right...
- Take care of your spouse, she is your caregiver in waiting....
- Patient's Bill of Rights and Privacy Laws...
- Research family history while you have the time...
- Get your vaccinations...
- Basic Life Support/ CPR

COMMON SYMPTOMS THAT MAY BE RED FLAGS

- Headaches
- Low energy or Mojo
- Blurry vision
- Tooth pain
- Thyroid issues-Too hot or too cold
- Cough, shortness of breath, Loud snoring, day time sleepiness
- Chest pain
- Back pain, leg weakness, joint pain
- Change in bowel habit-diarrhea, constipation, poor appetite, weight loss
- Waking up to urinate too frequently
- Sex drive and Low-T
- Leg Swelling, leg ulcers, skin rash

LAST BUT NOT THE LEAST

Tracking corona in humans

A look at the toll the virus takes on the body and how it progresses through a body, according to a study published in The Lancet

NO SYMPTOMS

- Median incubation period after getting infected is 5.1 days, according to the study
- May be up to 14 days, with outliers of 27 days

DAY 1-3 ONSET OF SYMPTOMS

- Sars-CoV-2 virus may start with upper respiratory symptoms after the incubation period
- Fever generally appears 1st day
- Upper respiratory symptoms such as cough and sore throat may appear by Day 3

80%
patients just get these mild symptoms

DAY 4-9 IN THE LUNGS

- The disease may reach the lungs anywhere between 3 to 4 days
- Laboured breathing may start by 4th to 9th day
- Inflammation in the lungs may lead to acute respiratory distress. This can happen between Day 8-15

14%
of those infected experience these severe symptoms

DAY 8-15 IN THE BLOOD

- From the lungs, the infection may move to the blood
- Sepsis, a life-threatening complication, may develop by the end of the first week, the study said

5%
of those infected need ICU care

BY 3 WEEKS CRUCIAL PERIOD

Covid-19 may last, on an average, for 21 days with people either dying or being discharged by the end of the third week

FOR DEATHS

People studied generally died between Day 15-22 from onset of symptoms

FOR DISCHARGE

People were discharged between Day 18-25 from the onset of symptoms



The background features a dark blue gradient with a subtle pattern of white stars. Overlaid on this are several technical diagrams, including circular gauges with numerical scales (e.g., 140, 150, 160, 180, 190, 200, 210, 230, 240, 250, 260) and various circular and semi-circular lines, some solid and some dashed, suggesting a complex mechanical or scientific theme.

FINAL WORD

DEATH IS MORE UNIVERSAL THAN LIFE,
EVERYONE DIES, BUT NOT EVERYONE LIVES.

JUDGE ALBIE SACHS