

## EXECUTIVE HEALTH PROGRAM

### The Silent Health Crisis: Quick Sobering Facts about Men's Health

- Men have a higher age-adjusted death rate compared with women from nearly all the leading causes of death, including heart disease, cancer, and stroke. (Health USA Statistics, CDC, 2008)
- The lifetime probability of developing an invasive cancer is higher for men than for women; approximately 1 in 2 for men and 1 in 3 for women. (Cancer Statistics, 2009)
- Men have a higher colon cancer incidence and mortality rate compared with women. (Cancer Statistics, 2009)
- Men have a higher lifetime probability (1/39) of developing melanoma compared with women (1/58). (Cancer Statistics, 2009)
- Men have a higher prevalence of smoking compared with women throughout life. (Health USA Statistics, CDC, 2008)
- Men are more likely to develop alcohol dependence than women, have more alcohol related problems than women, and exhibit more aggressive behavior associated with excessive drinking than women. (Clinical Psychology Review, Dec 2004)
- Men are at least four times more likely to commit suicide compared with women throughout life. (Health USA Statistics, CDC, 2008)
- Unintentional accidents rank as the 3rd leading cause of death for men. (Health USA Statistics, CDC, 2008)
- In 1920, women lived, on average, one year longer than men. Now, women live, on average, five years longer than men. (Health USA Statistics, CDC, 2008)
- Male births outnumber female births 105 to 100, but by age 34, there are more women than men and this disparity accelerates with age. By retirement, there are fewer than 80 men for every 100 women. (U.S. Census Bureau)
- Women are much more likely to visit the doctor for annual examinations and preventive services than men. (Health USA Statistics, CDC, 2008)

**Don't become a preventable statistic. Invest in your health now!**

For more information, please call 781-744-8401 or visit [www.lahey.org/executivehealth](http://www.lahey.org/executivehealth)