



Men's Health

What you know about men's health needs and issues:

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| 1. Men need less calcium than women do to prevent osteoporosis. | True or False |
| 2. It is normal for the prostate gland to enlarge as men age. | True or False |
| 3. Prostate cancer kills more American men than any other cancer. | True or False |
| 4. Twice as many men die in traffic accidents as women. | True or False |
| 5. Depression is often under-diagnosed because men are less likely to seek treatment. | True or False |

ANSWERS:

1. False – Men & women need the same amount of calcium each day to prevent osteoporosis (1,000-1,200 mg/day).
2. True – For most men, the prostate enlarges over time, affecting 5 out of 10 men in their 60s and 9 out of 10 men in their 70s and 80s.
3. False – Lung cancer is the leading cause of death, by cancer, in both males and females.
4. True – In fact, more than half. The D.O.T.s reporting system indicates 73% of people killed in car accidents are men.
5. True – Not only are men less likely to talk to their doctor about depression, but symptoms can be overlooked and may be masked by drugs, alcohol, or working long, excessive hours.

Visit the Men's Health Network website at www.menshealthnetwork.org for more information on a variety of issues affecting the well-being of men.

