

Men's Health

AWARENESS

Sunday, June 20, 2021

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Recommended men's health screenings



Men need to be proactive in regard to monitoring their overall health. This includes seeing their doctors for regular wellness visits and keeping up with recommended screenings to catch and/or prevent illnesses. While men and women can experience the same conditions, health experts recommend specific tests and screenings for men in various age groups.

Johns Hopkins Medicine advises that men are at risk for certain conditions, including several types of cancer, such as prostate, colon and lung cancers. However, Harvard Medical School states men are less likely than women to get routine physical exams and screenings. An American Academy of Family Physicians survey found that 55 percent of men had not seen their doctors for a physical exam in the previous year, even though 40 percent had a least one chronic condition.

While many screenings are recommended starting at age 40 or 50, men should discuss family histories and risk factors to determine if test-

ing should begin earlier. The following are important health screenings to consider.

- **Prostate-specific antigen test:** A PSA is a blood test that measures how much prostate-specific antigen is in the blood. Measuring PSA has been a standard for prostate cancer screening for 30 years. General guidelines indicate PSA screening begin at age 55. However, having at least one first-degree relative with prostate cancer could necessitate earlier testing.

- **Colorectal cancer screening:** Colorectal cancer screening generally occurs between ages 50 and 75. Tests include fecal occult blood tests, stool DNA tests, colonoscopy, and contrast barium enemas. Doctors will determine which tests are applicable and how often to conduct them.

- **Diabetes:** Men who have a BMI over 25 are overweight and should consider a diabetes screening. In addition, blood pressure above 130/80 mm Hg or other diabetes risk factors

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For Men's Health Month, Northeast Ohio doctors encourage annual visits



By Chad Felton

cfelton@news-herald.com
@believethatcfnh on Twitter

With June marking Men's Health Month, two local medical professionals are issuing a double-word clarion call to men everywhere — "Just go!"

Dr. Michael Majetich, a family physician with Lake Health, and Dr. Lee Ponsky, chair of the University Hospitals Department of Urology and executive director of the UH Cutler Center for Men, both agree that when it comes to health, men, for the most part, are seriously lacking in philosophy, foresight and behavior.

In entreating routine visits, both doctors noted health care statistics for men remain bleak, with fewer than 50 percent having a primary care provider.

In fact, Ponsky noted, men's life expectancy is seven years less than women's, and fewer than half the men suffering from depression seek treatment.

"Men generally don't go to the doctor as often as women do, and it's more than just for physical issues," Ponsky said. "There is a huge gender gap. In the Cleveland market alone, we know about a quarter of a million less men than women every year see a doctor. Further, men have higher death rates than women in 14 of the top 15 leading causes of death.

"If, let's say, men on their birthdays would commit to going to the doctor, especially with the lessons we've learned from COVID, if they would simply make it a point to have regular appointments, the amount of disease we could detect early before it becomes problematic, the amount of cancer discovered, heart issues prevented, strokes prevented, diabetes control, the impact we could make would be astronomical.

"I'm a cup-half-full type person, and we're asking men to simply go," he said. "The lives we can save could be unbelievable. A lot of maladies men suffer from are preventable, bottom line. It's that simple.

"A lot of these things are often overwhelming for guys," he added. "They say, 'I feel OK, I'm active, I eat well, I'm OK,' but things catch up to you and brew early and if we can identify things early, especially what we call 'silent diseases,' we can change behavior. As a matter of fact, the once-a-year-every-year approach can change lives."

Ponsky emphasized lifestyle and age as elements affecting health, but that socioeconomic status serves no role in adopting an annual-visit plan.

"Again, coming out of the pandemic, we have a real opportunity to do something dramatic in terms of improving care for men, and a lesson from COVID-19 has shown that we're all vulnerable," he said. "We understand reluctance, and telemedicine continues to be a preferred method of consultation, not to mention the cost savings, but visits have also been up. The concept isn't to be nagging or annoying — we want to make things easier with the aim of improving the quality of life.

"We all need different things when we're 20 to when we're 60 and welcome the challenge."

Echoing Ponsky, Majetich emphasized the significance of routine checkups, adding, in primary care, the action also allows the patient to have an established relationship with their provider who can monitor their health and wellness, specifically for surveillance of general issues such as maintaining healthy blood pressure, cholesterol and blood sugar levels, in addition to more specific items such as prostate health.

Additional efforts are made to keep up with preventative health recommendations such as advised vaccinations and cancer screenings, Majetich noted.

"Especially as the community emerges out of the pandemic, follow-up visits with primary care providers allows individuals to get back on track with their wellness following such unprecedented times," he said. "We continue to focus on all the latest health and safety precautions to ensure that people can access high-quality care in their community without added stressors.

"Throughout the pandemic, our offices never missed a beat with adapting to precautions to provide care to the community, whether in-person visits or via virtual encounters," he added. "With that, we have seen a steady flow of our established patients and look forward to welcoming in those who may have been deterred from coming to our offices at the peaks of the pandemic."

To that point, Majetich believes that a body and mind in motion, stays in motion, and that with many men working from home and being sedentary, particularly through the quarantine, wellness exams offer great opportunities to discuss safely returning to exercise routines and finding ways to incorporate physical activity into day-to-day life.

"We continue to encourage people to get outside and be active with nicer weather on the horizon," he said. "We are also happy to see fitness centers/gyms reopening through utilization of continued health and safety precautions. While men can notoriously be 'bad about going to the doctor,' there is nothing more 'manly' than trying to be the best version of you. As a physician, I am here to help make that possible."



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Our nursing and therapy teams combine their efforts with each patient's specific case to reach their personal goals, and Bruce was a perfect example of our exceptional care. ***Best of luck Bruce - it was a pleasure working with you!***

continued from page 2

could require a blood test to check for elevated glucose levels.

- Abdominal aortic aneurysm: Guidelines recommend a one-time screening for men who have smoked between the ages of 65 and 75.

- Hepatitis B and C: Men are at increased risk for infection if they have had unprotected sex with multiple partners, received blood transfusions or transplanted organs before June 1992, are healthcare workers who have been stuck by needles, or travel to regions with high rates of the hepatitis B virus.

- Lung cancer screening: Men should undergo a lung cancer screening through low-dose computed tomography if they are over age

55, have a 30-pack-per-year smoking history and currently smoke or quit within the past 15 years.

- Testicular cancer screening: Testicular cancer is one of the most common cancers among young men, says Johns Hopkins Medicine. Early screening can include self-checks. Routinely checking the testicles for any lumps or unusual features while showering can help detect testicular cancer. Doctors may order a painless ultrasound if something is discovered.

Health screenings are an important component of men's health care. Now is the time to have a discussion with the doctor about which screenings are necessary.

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Orthopedic surgery has long been thought of as the end-all solution for injuries and pain. However, some innovative physicians are utilizing regenerative medicine treatments to help their patients avoid surgery. Regenerative medicine involves the use of a patient's own blood platelets or stem cells to reduce inflammation and encourage the long-term healing and repair of injuries.

Orthopedic surgeon Reuben Gobezie, MD, founder of Regen Orthopedics in Beachwood, Ohio, is one of these innovators. He offers this non-invasive alternative that can be especially useful for patients who wish to avoid surgery or who no longer find relief from traditional treatments like cortisone injections.

"Regenerative medicine is an important tool in any orthopedic surgeon's toolbox," says Dr. Gobezie. "It's about finding the right uses and identifying the right patients, and that's what we're good at. It's a safe and effective option for patients with a variety of conditions and easily accessible for those seeking relief in Greater Cleveland."

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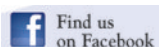
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NATURAL RELIEF

At Your CBD Store in Willoughby, people are finding the relief they crave from a remarkable, natural source.

by Patricia Nugent

Since opening last November, Your CBD Store in Willoughby has helped its clientele with a myriad of health issues, from pain management and anxiety, to skin care, with a variety of bespoke products containing CBD.

"We are highly educated about our products and consult with people to educate them about the potent effects of CBD," says owner Kate Anderson, who years ago discovered CBD as an antidote to anxiety. "We offer free samples and encourage people to find the best product for their individual needs."

The store is more of a super chic lounge, with a clean, serene boutique vibe. Along with CBD specialists Jackie and Sarah, Kate enjoys taking the time relaxing with customers on cushy linen couches to pinpoint their problems and come

up with solutions.

In a quality over quantity fashion, the CBD found here is high-end, third party lab-tested and grown in the USA. From soil to bottle, the products are meticulously tended, and the resulting CBD is generally more effective than products you will find anywhere else.

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In scientific terms, CBD is short for cannabidiol, one of many cannabinoids found in organic hemp. It is said to reduce pain and inflammation, lift mood and control nausea caused by chemotherapy. What it won't do is produce a "high" or psychoactive effect that's associated with marijuana.

The CBD is available in tincture, water-soluble edibles, gummies, hard candies, topical creams, serums and accessory products like bath

bombs. They also offer products to ease anxiety and symptoms of aging in dogs and cats.

"We are always bringing in new product lines," says Kate. "For instance, this month we are introducing a line that's engineered to help women with symptoms like cramps, bloating and irritability they might experience at certain times of the month."

As one of the first and largest brick and mortar stores specializing in CBD, she says her store is always leading the way in terms of product evolution and that she

finds her job very rewarding.

"We are at the frontlines helping people through their issues, when other products and traditional medicine may have failed them," says Kate.

Your CBD Store is located at 37812 Vine Street in Willoughby, just steps from downtown. Hours are Monday-Friday, 10 a.m. to 7

p.m.; Saturday, 10 a.m. to 5 p.m.; and Sunday, noon to 4 p.m. Walk-ins are welcome. For more information, call 440-306-8131 or visit CBRX4u.com. Join their FB page to enjoy a bevy of special sales and giveaways.



Pictured L-R: Jackie, Kate Anderson, owner and Sarah.



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Most high achieving executives understand quality trumps quantity. It's true in the products and services they sell. It's true in customer service and satisfaction. And it's true for the quality of exercise and instruction. One might assume pursuing improved quality of life requires long, sweaty hours at a loud, stuffy gym, or running nightly against a blustery wind over slushy streets. The opposite is true!

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Most high achieving executives understand that quality trumps quantity. It's true for the products they sell. It's true for customer service.

And it's true for exercise, asserts Jeff Tomaszewski, owner of MaxStrength Fitness, who has adopted the title of Chief Life Transformer. The title reflects his mission at MaxStrength, he says.

"I got into the fitness field because there is no other business I know of that allow you to so profoundly improve the quality of somebody's life," Jeff explains. "When you are healthier, stronger and more flexible, everything else in your life changes. You have more energy. You're more alert at work. You can play with your children or grandchildren without dozing off all the time. You can enjoy retirement without nagging aches and pains."

One might assume that pursuing that improved quality of life requires long, sweaty hours at a loud, obstreperous gym, running nightly against the blustery wind over slushy streets.

But one would be mistaken, Jeff assures.

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