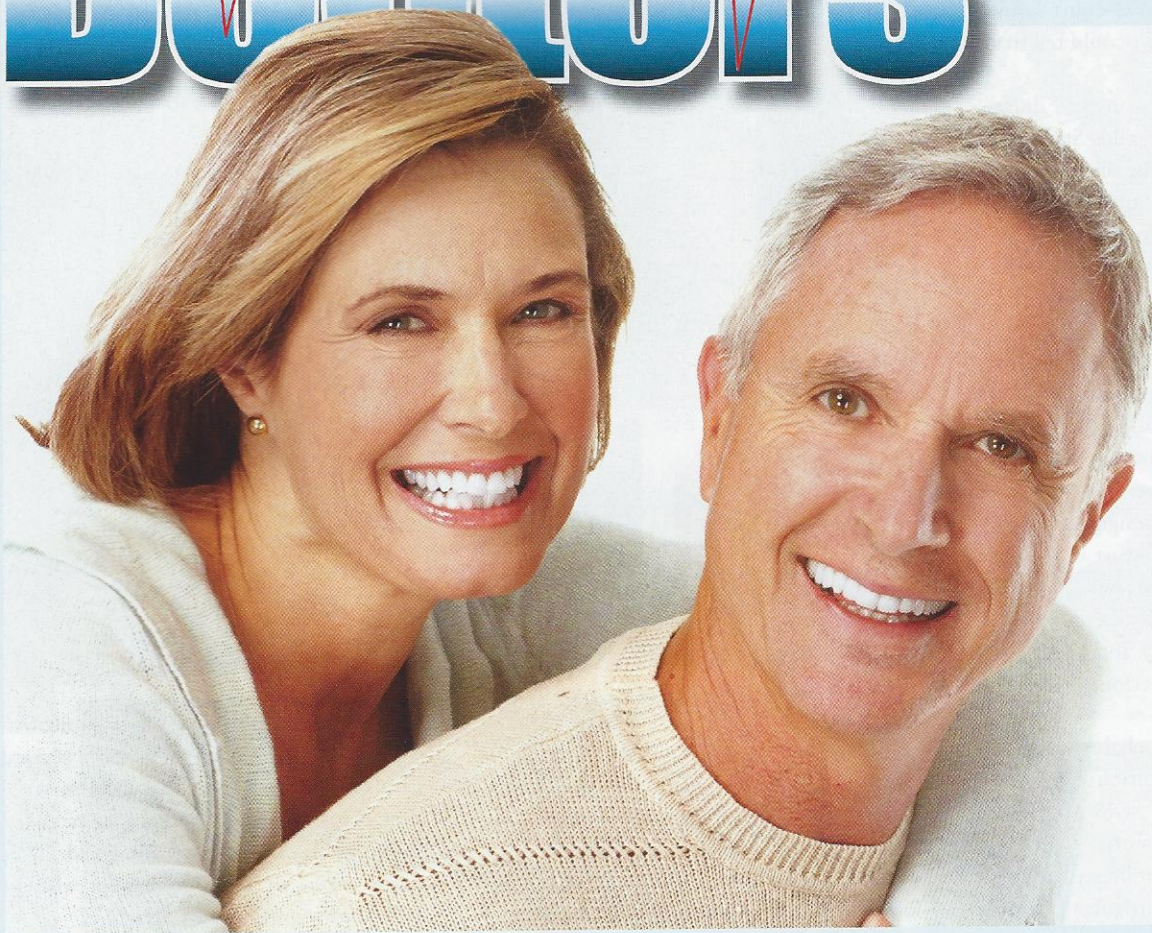


Our Doctors



Why Men Don't Go to the Doctor...

I can remember my son's first day at Lacrosse camp like it was yesterday. I was waiting for him in the carpool line after lunch when he opened the van door and climbed in. Damp with sweat and excited about his day, he was talking a mile a minute. "How was it?" I asked. "Great," he responded. "I loved it. But my wrist sort of feels like it's shattered," he said with a shrug as he continued to share his enthusiasm

for the sport that was taking him by storm.

As a mother, I admit I heard little else of what he said after he mentioned his hurt wrist, and a trip to the pediatrician confirmed what I suspected. His wrist was

and Why They Should

fractured in several places, and if the doctor had not ordered my son to take a break, I am sure he would have shown up the next day with his knee pads and helmet strapped on, set for another round of Lacrosse.

Looking back, I realize I could see the writing on the wall for what my son's attitude toward healthcare would be once he became an adult. For men, ignoring physical symptoms, "sucking up the pain," and pretending there's no need to go to the doctor—so you can "stay in the game"—seems to start early.

Now let's fast-forward a few years, says men's health expert and DeKalb Medical Oncologist Dr. Lijo Simpson, and see what that scenario might look like in today's modern marriage. Peter and Jane are a happy middle-aged couple in their 50s. Peter likes to watch ESPN in his pajamas with a beer in his left hand and the remote in his right. Jane has made many attempts to talk to Peter about getting his colonoscopy since he turned 50. He listens and agrees, but soon his mind is consumed by the quarterback and what's happening on the screen. *He never makes the appointment.*

Whether it's a gender-based fear of the "white coat" or a social predisposition, the fact is that men are far less likely to visit their doctor than women are, and as a result *they are living sicker and dying younger than women.* It's a statistic that could easily be lowered with simple screenings and doctor visits to detect illness in its earliest stages.

"There is a crisis in America when it comes to men's health," shares Simpson. "And it may take women—who are 56 percent more likely than men to visit their doctor—to fix it. By skipping routine health screenings and checkups, many men are missing out on the opportunity to detect a cancer while it is still curable," Simpson explains.

Women Wear the Medical Hat

What can women do to change the male mind-set? For most families, women help direct the care of their loved ones. Try making your man a to-do list of what doctor visits need to be made and when. Even offer to phone the doctor's office and make the appointment if you have to. "It's a simple call that can actually produce a cure and keep you fighting over the remote for years to come," Simpson urges.

While heart disease is the number-one killer of men, cancer is the second leading culprit for cutting our men's lives short. The good news is that three of these cancers (prostate, colon and skin cancers) have high rates of curability when detected with a simple screening. Cheaper than a life insurance policy and a better benefit for your family, put these life-saving screenings on your leading man's schedule starting today.

DID YOU KNOW:

50 percent more men than women die of cancer, according to the Centers for Disease Control

Meet the Doctor



Dr. Lijo Simpson practices at DeKalb Medical at North Decatur. He holds a Bachelor of Medicine and a Bachelor of Surgery in Oncology. A recipient of the Golden Stethoscope Award, Simpson completed a fellowship in Hematology-Oncology at the Mayo Clinic. Simpson is a sought-after international speaker, has authored several abstracts and been published in numerous medical journals including the "American Journal of Medicine" and the "Journal of Clinical Oncology."

KEEP YOUR GUY IN GOOD HEALTH

Cancer Screening Guidelines

Skin Cancer

Name of Test: Skin Cancer Screening

When? Age 20 is when you should schedule your first skin cancer screening.

How Often? Annually.

Prostate Cancer

Name of Test: Prostate Specific Antigen or (PSA)

When? Age 35-40 if you have risk factors that include multiple positive diagnoses in your family or gene mutations.

Age 45 for African-American males or if a relative has a history of prostate cancer.

Age 50 for all other men.

How Often? Every two years or as your doctor recommends.

Colon Cancer

Name of Test/s: Colonoscopy or Sigmoidoscopy.

When? Age 40-45 if you have a positive family history or are African-American, smoke or have diabetes. Age 50 for most men.

How Often? Every 5-10 years or as your doctor recommends.

DeKalb Medical offers free skin and prostate cancer screenings at special events.

Attend a free Men's Health Seminar with Dr. Lijo Simpson

Wednesday, June 8 from 6-7 p.m.

Call 404.501.WELL (9355)

to reserve your spot or to request a physician referral.

Visit dekalbmedicalmenshealth.com for men's health memos.