

A WOMAN'S ROLE IN MEN'S HEALTHCARE



Many men view health complaints as a sign of weakness. Men are taught from an early age to cope quietly with pain instead of telling others about their ailments. Being told, either by family or peers, that big boys don't cry over skinned knees often leads to reluctance to seek medical attention for health afflictions decades later, especially if symptoms are related to sexual health or not plainly visible.

WOMEN'S INVOLVEMENT IS CRITICAL IN IMPROVING THE STATE OF MEN'S HEALTH. WOMEN TYPICALLY PAY BETTER ATTENTION TO THEIR HEALTH THAN MEN AND CAN HELP MEN TO ADOPT HEALTHIER HABITS

If the men in your life continue to avoid getting medical attention, the following approaches may help:

1 FLEXIBLE PROVIDERS

Find health providers which have weekend and evening appointments or have offices close to his work.



2 DOUBLE UP AT THE DOCTOR

Schedule simultaneous appointments for the both of you and make fun plans to do something together afterwards.

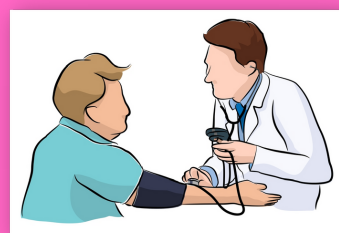


3 LET HIM CHOOSE

Find out whether he is more comfortable seeing a male or female health care provider and make sure he's seeing the one he prefers. On a related note, try to avoid physicians who tend to scold.

4 BAD HEALTH>>LEADS TO BAD MOOD

Point out the connection between good health and good physical and mental performance in sports, work stamina, romance, etc. Nagging health issues left unaddressed can lead to depression and mood swings and weigh on us needlessly as the majority of health issues can be resolved.



5 HAVE OTHERS HELP YOU

The obstacles men face in admitting health problems to a doctor can be surprising or seem strange from a female perspective. Recruit male friends or relatives with good health habits to help reinforce your message.



6 HE IS A ROLE MODEL

Gently remind him that his children will be influenced by the example he sets when forming life-long health habits.



7 DO IT TOGETHER

Decide on an exercise routine that involves, and is enjoyable for both of you. If necessary, make the exercise out to be something for you that you need his support for even if it is primarily for his own benefit.



8 DO YOUR RESEARCH

Men are schooled that they need to know how to do something from the start. No one knows everything so help to take the fear out of any diagnoses through research and planning.

9 THE BOTTOM LINE

Many men tend to put their family's health above their own not realizing how their early demise would have an adverse effect on their families health and well being.

