

June is Men's Health Month



When it comes to taking care of their health, men often lag behind women in numerous ways. Not only do men schedule half as many routine physical checkups as women, women are often the health care decision makers for their families.

In June, men are encouraged to become more proactive and aware of preventable health problems that can affect their quality of life. Englewood Hospital and Medical Center offers many resources for men (and the women who care about them) to stay informed and keep healthy.

What are the Top 5 Health Concerns of Men?

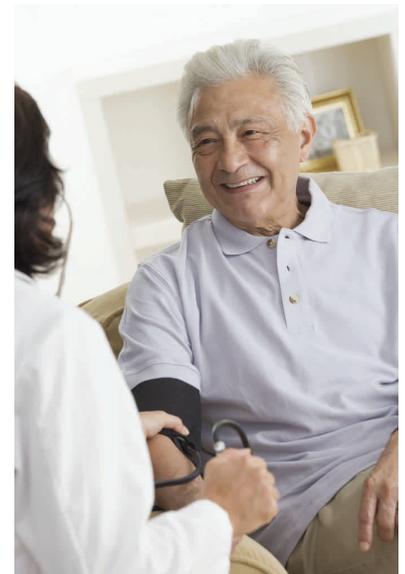


Cardiovascular disease, which involves the heart and blood vessels, is by far the leading cause of death in men. Preventative measures such as maintaining a healthy weight, exercising regularly, and a diet low in saturated and trans fat are tried and true ways of preventing cardiovascular disease.

Family history is also a big factor in determining whether one is susceptible to developing cardiovascular disease. Even though you can't pick your ancestors, you **can** take a proactive role in getting heart-healthy by **GETTING REGULAR CHECKUPS!**

Englewood Hospital's [Cardiology Services](#) offers premier diagnostic, [surgical](#) and [rehab](#) treatment options for our cardiac patients. By taking a team approach and individualizing patient care, we are able to focus on the diagnosis and treatment of all manifestations of heart disease such as coronary artery disease, arrhythmia, and heart failure.

Recognition of our Cardiac Services includes: J.D. Power and Associates "Outstanding Patient Experience in Cardiovascular Care," HealthGrades 5 Star Rating in Cardiac Care and Top 10% Nationwide for Cardiac Surgery Excellence.



Cancer kills almost twice as many men as women. Lung cancer, the leading cause of cancer death for males, kills two and one-half times more men than women. By now, the link between smoking and lung cancer is well documented. For help in quitting, Englewood Hospital offers the [QuitSmart™ Smoking Cessation Program](#). Call Ken Capek at 201-894-3157 for more information.

[Prostate cancer](#) is the second leading cause of cancer death in men. There are many treatment options available. For men who require surgical treatment, Englewood Hospital offers state-of-the-art, minimally invasive [robotic surgery technology](#).

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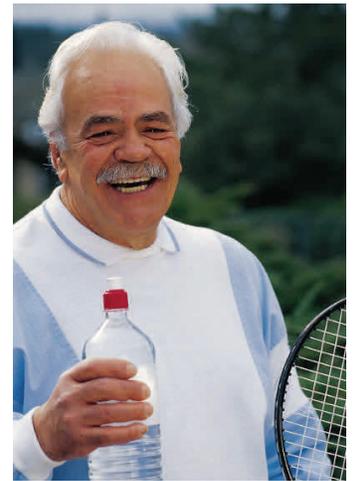




Cerebrovascular Disease includes all disorders in which an area of the brain is temporarily or permanently affected by bleeding or lack of blood flow. The most familiar cerebrovascular disease is stroke, but it can also include aneurysms, vascular malformations, and blood flow constrictions anywhere in the body.

Regular physical checkups can reveal conditions such as high blood pressure, which may lead to cerebrovascular disease, which is why scheduling them annually is so important.

Englewood Hospital offers a multi-disciplinary [Vascular Services](#) program focused on the comprehensive prevention, diagnosis and treatment of a wide variety of diseases of the arteries, veins and lymphatic system.



And even though we hope you never need it, our [Stroke Center](#) earned the Joint Commission's Gold Seal of Approval™ for stroke care. As a designated Primary Stroke Center, the stroke program at Englewood Hospital has demonstrated that it significantly improves outcomes for stroke patients. The Medical Center is part of a group of fewer than 150 hospitals nationwide designated as a Primary Stroke Center.



Chronic Lower Respiratory Disease is another condition that affects men disproportionately to women. Conditions such as emphysema, chronic bronchitis and asthma can all be diagnosed and treated at Englewood Hospital's Department of [Pulmonary/Respiratory Medicine](#).

Our [Pulmonary Rehabilitation](#) program is designed to educate and treat patients with breathing difficulties, thereby improving their quality of life.



Diabetes is called the silent killer because its symptoms are often overlooked, or nonexistent. Thirst, numbness, fatigue, infections, and excessive urination are all symptoms of diabetes. Men are one and one-half more likely to die from diabetes as women.

The [Diabetes Self-Management Program](#) at Englewood Hospital is designed to help patients gain the everyday skills needed to manage the disease successfully. An experienced team of certified diabetes educators, including registered nurses and registered dietitians, have created a comprehensive program to help patients and their families gain the knowledge, skills and attitudes needed to achieve and maintain control over diabetes.

