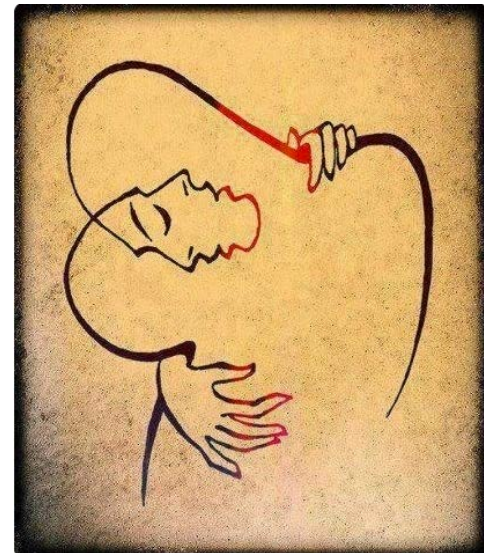


The UNC Men's Health Program

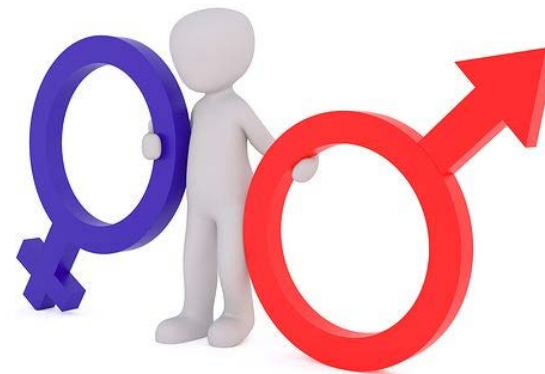
Eric Wallen
Professor, UNC Urology
Director, UNC Men's Health

Fried Symposium
June, 2017

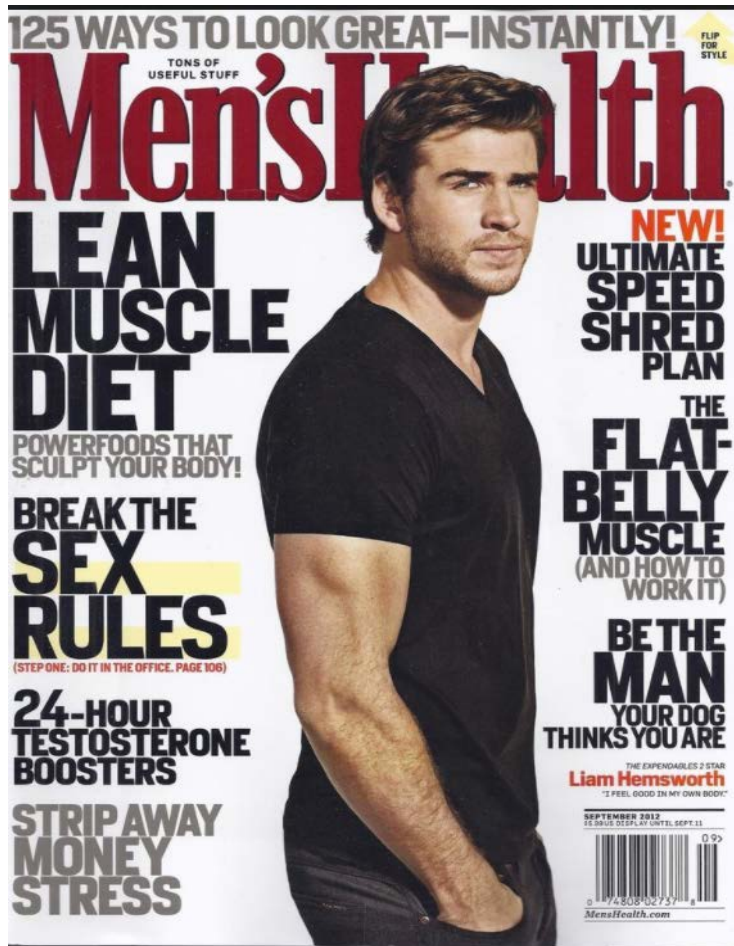


Objectives

- **Men's Health? Really? Why?**
- **Who @ UNC?**
- **Why here at UNC?**
- **What is it?**



What is Men's Health?



CDC Mortality Data

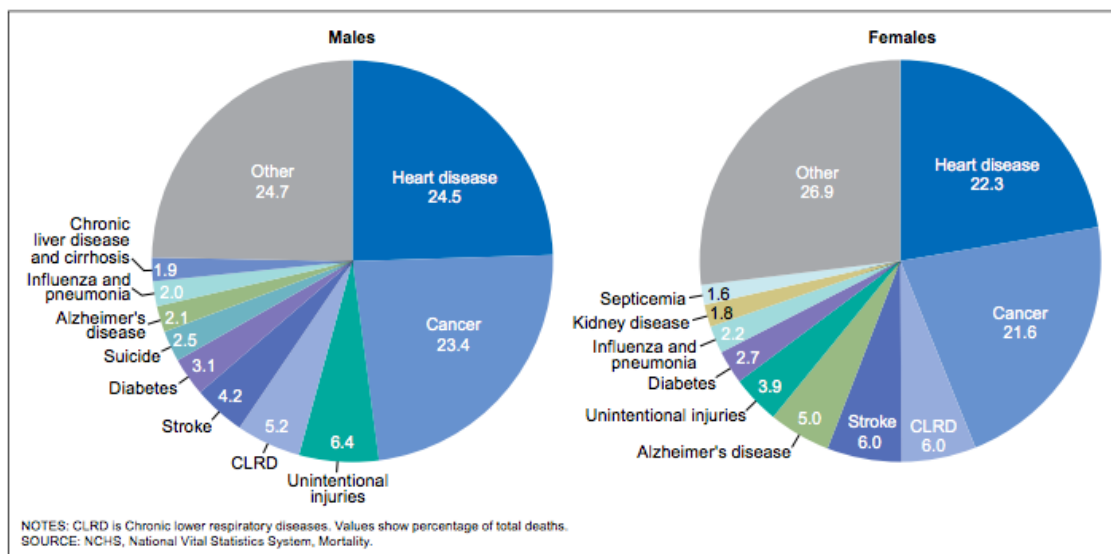


Figure 1. Percent distribution of the 10 leading causes of death, by sex: United States, 2014

The Increasing Significance of the Decline of Men



Thomas B. Edsall MARCH 16, 2017

- **Articulates duality of inequity in our society**
 - Men dominate C-suite, male hegemony persists in our society
 - Women faced with wage inequities
- **But on the other hand, men are...**
 - Dropping out of the workforce
 - Abusing – and dying – more from opioid abuse
 - Dropping out of college more, and graduating less, than women
 - Adapting their skills to the new workplace less than women
- **And boys from single parent families are...**
 - More likely to have disciplinary problems
 - Less likely to graduate from high school
 - Less likely to contribute to job market
 - More likely to father children out of wedlock
 - More likely to get divorced

Cycle of Poor Men's Health is Accelerating

- **Men's health is better if men are married and employed**
 - Lower alcoholism, substance abuse, suicide
- **Crucial part of boy's development is during the "terrible twos"**
 - Bonding and social skill development
- **Illustrates the complexity of men's health**
 - Social determinants of health
 - Womb-to-tomb approach
 - Should first entry to male adult health really be erectile dysfunction?
 - How can that be changed to prevent causes of early mortality for men, and its effects on their families, communities, and the economy
 - LGBTQ too!

Why Men's Health?



Epidemiology

- Longevity difference
- 9/10 top causes of mortality more common in men
- Male health affects families and society
 - Increased risk of entering poverty in widows/children

Gender-based health research imbalance

- Women >> Men

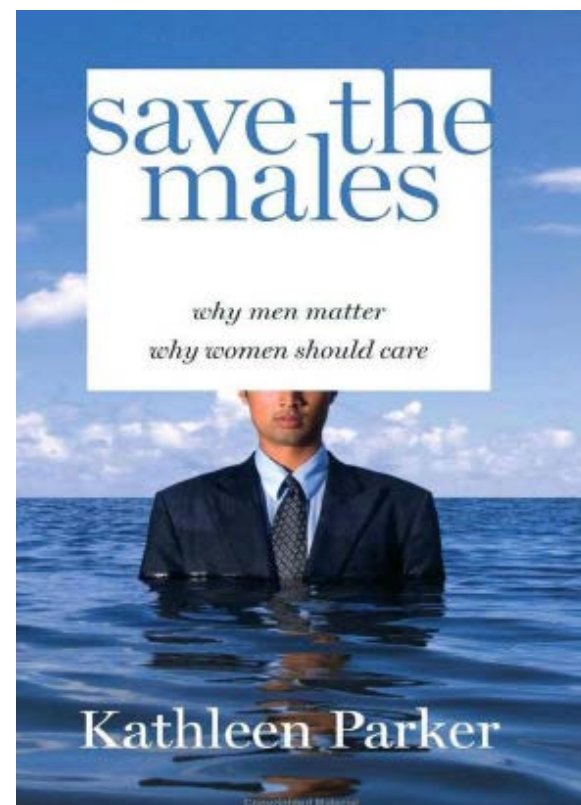
Time to address this trend

- Research
- Education
- Clinical Care

Men's Health Program Executive Summary

Our mission is to improve men's health in NC and beyond by establishing at UNC the nation's premier Men's Health Program to benefit families, communities and society

- **Novel interdisciplinary approach**
- **Designed to increase men's engagement and improve health of men**
- **Patient-centered holistic approach**
- **Anchored by primary care and urology**
- **First of its kind in North Carolina**
- **Sustainable through evidence-based profitable procedures and extramural research and grant funding**



What is the Men's Health Program?



Leadership

Establish leadership to effectively develop and implement the program

Clinical Care

Launch two comprehensive clinics offering integrated care with nearby specialists, directed at improving the health care and preventative health behaviors of men

Scientific Research

Build infrastructure for a dedicated scientific research program that will secure external research funding

Community Outreach

Develop a series of mobile health events for men in communities across NC offering free screenings, education and referrals to community providers

Why UNC?

Excellence in Clinical Care



- Top 20 nationally for Best Hospitals for urology and cancer care*
- 14 urologists and 53 cancer physicians named prestigious Best Doctors in America**
- Recognized excellence in the care of prostate cancer, sexual health and infertility with a new training fellowship in men's health
- Collaboration among primary and specialty care for men's health, including urology, diabetes, cardiovascular disease, stroke, psychiatry and orthopedics

Renowned Research and Teaching



- #2 in the nation for family medicine*
- #1 public school of public health in the nation*
- Recognized expertise in community engagement and outreach
- Recognized expertise in study of health disparities and inequities
- Top 20 urology residency program in the nation*

National Leadership



- Past president of the American Society for Men's Health and editor of the Textbook of Men's Health
- Chair of national task force on health disparities in boys and men
- Leader in presidential initiatives designed to improve outcomes among socially vulnerable males
- White House Fellow faculty member serving on working group to address social determinants of health

*U.S. News and World Report rankings, 2016 edition

**Best Doctors in America, 2015-2016 and 2014-2015 rankings, respectively

How this will work

- **Port of Entry: Bring them in**
 - Telemedicine appointments
 - Health fairs
 - Pop up clinics at corporate campuses or sporting events
 - Upside down clinics
- **Diseases that bring men in**
 - Metabolic Syndrome: Know your numbers
 - BP, blood sugar, cholesterol, waist circumference
 - Men with erectile dysfunction
 - Men with “low T”
 - Men with spouses who make them go

The ED/Metabolic Syndrome Connection

- **Chief complaint: Erectile Dysfunction**
 - ED is a sign of cardiovascular disease
 - Manifests an average of 39 months prior to symptomatic heart disease
 - Even this short window can be exploited to improve men's health
 - ED more common in smokers
 - ED more common in obese men
- **Chief Complaint: Low T**
 - Hypogonadism associated with increased risk of all-cause and vascular mortality
 - Treating low T may improve lean body mass and BMI
 - Hypogonadism strongly associated with metabolic syndrome

...treat the penis = treating the person

Future state

- **Medical home for men**
 - Several points of entry
 - Drive men to PCP preventatively
 - Men don't have regular checkups like women see ob/gyn
 - Recognize preventative risk
 - Include behavioral interventions once a man is engaged
 - Smoking
 - Preventative cardiology
 - Cancer screening
 - Diet and exercise
 - Mental health
 - High risk behaviors (guns, opioids, etc)
- Research every aspect of male engagement in their health

Who @ UNC?

Culley Carson, MD	Urology
Brian Frerking	Med Foundation of NC
Carol Lewis	Health Innovation
Wizdom Powell, PhD	Public Health
Eric Wallen, MD, FACS	Urology
Ed Champion, MD	Orthopaedics
Kevin Carneiro, DO	PM&R, Spine Center
Mary Margaret Carroll	Med Foundation of NC
Lowry Caudill, PhD	UNCCH Board
Anthony Charles, MD, MPH	Surgery
Mike Cohen, MD	Infectious Disease
Bubba Cunningham	Athletics

Shelly Earp, MD	Lineberger
David Huang, MD, PhD	Neurology
Eric Klett, MD	Endocrinology
Jim Kurz, MD	UNCPN Primary Care
Moe Lim, MD	Orthopaedics
Terry Magnuson, PhD	UNCCH Research
Roger Perry	UNCHC Board
Raj Pruthi, MD, FACS	Urology
Rick Steinbacher	Athletics
Rick Stouffer, MD	Cardiology
Brad Vaughn, MD	Neurology
Anthony Viera, MD, MPH	Family Medicine

Bold represents core working team members