



**Press Release**  
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**Media Contact**  
Matthew Kempton | mkempton@willapa.net  
360-875-4528

## **Willapa Harbor Hospital Highlights Men's Health Issues**

*Preventive screenings and regular exams help reduce the impact of health conditions affecting men.*

SOUTH BEND, Wash. (June 4, 2020) – When it comes to medical care, there is something about men and doctors that do not seem to mix. According to the Centers for Disease Control and Prevention, men are 80 percent less likely to visit a medical provider for preventive care than women. In recognition of Men's Health Month this June, Willapa Harbor Hospital is shining a spotlight on men's health issues and the importance of preventive care.

"When it comes to health conditions, early detection is always critical," says Dr. Steven Hill, a Family Practice physician in South Bend. "We need the men in our community to understand the importance of meeting regularly with their medical providers and have important screenings performed."

According to the Centers for Disease Control and Prevention (CDC), 12.4 percent of men 18 years and older are in fair or poor health. The CDC also reports that an estimated 34.5 percent of men 20 years and older are considered obese, and 32.6 percent have high blood pressure.

Dr. Hill added that focusing on a few core areas such as common cancers, regular health screenings, and nutrition could make the difference in the prevention and early detection of several common health conditions that affect men.

"There are many critical health conditions that can be very dangerous if not detected early," Dr. Hill says. "Whether it is prostate cancer, testicular cancer, or even diabetes, a lot of men wait until these conditions have advanced to dangerous stages before seeking medical help. Getting screened early can be a lifesaver."

### **Cancers that affect men**

The National Cancer Institute (NCI) reports that prostate cancer is the most common male-specific cancer in the U.S., and it accounts for an estimated 9.9 percent of all new cancer cases in the country.

Prostate cancer is most common among men ages 55 to 74. According to the NCI, it is more likely to occur in men with a family history of prostate cancer and among men of African American descent.

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Testing for prostate cancer can be performed through various screenings, including prostate-specific antigen (PSA) and digital rectal exams.

The American Cancer Society estimates that more than 3.1 million men in the United States are now living with cancer of the prostate, with 191,930 new cases expected in 2020 and 33,330 deaths this year as a result.

Testicular cancer is another condition that often occurs among men ages 20 through 54. Although uncommon, it affects approximately one in every 250 males. About 9,610 new cases of testicular cancer will be diagnosed in 2020, with 440 deaths. The average age at the time of diagnosis of testicular cancer is about 33.

Fortunately, testicular cancer can typically be detected at an early stage through frequent self-examinations for unusual lumps or swelling in the testicles, or if men experience aching in the testicles.

### **Wellness exams are key to early detection and prevention**

Regular health exams and screenings are an important way to detect men's health issues. According to Dr. Hill, early screenings not only help men save money in the long run but can also save a life when a disease is caught early.

Screening for common cancers among men is often overlooked if men do not see a physician regularly. Men should be screened regularly for high blood pressure, abnormal cholesterol levels, diabetes, and other conditions.

"Knowledge can save lives, and men need to know more about the current state of their health," Dr. Hill says. "Meeting regularly with a physician and reading about health issues that affect men are important ways that our sons, fathers, grandfathers, and brothers can take control of their health and stay well."

Locally, Pacific Family Health Center and Willapa Harbor Hospital Clinics are convenient choices for preventive care, including various men's health screenings. Medicare and most private insurance plans cover annual wellness exams.

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To learn more about local healthcare services or to find a provider, please call or visit [www.willapaharborhospital.com](http://www.willapaharborhospital.com).

### **About Willapa Harbor Hospital**

Founded in 1954, Willapa Harbor Hospital serves the healthcare needs of north Pacific County residents. The hospital offers a wealth of medical services, including in-patient care, a Level V 24-hour trauma center and advanced radiology services (including CT, MRIs, ultrasound, and mammograms), an outpatient lab, surgical services, diabetic education and more. Pacific Family Health Center is a medical clinic that is also operated by Willapa Harbor Hospital. For more information, please visit [www.willapaharborhospital.com](http://www.willapaharborhospital.com).

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