



HEALTH RISKS FOR MEN

Since June is Men's Health Month and Father's Day is celebrated on 21 June, I thought it would be a good idea to focus attention on medical issues that impact men. CDC data show that in general women live 5 years longer than men (81.1 yrs vs 76.1 yrs). What do we men need to pay attention to?

Heart disease is the leading cause of death for men in the US. The main risk for heart disease comes from high blood pressure, high LDL cholesterol and smoking. Certainly obesity, lack of physical activity and diabetes are contributing factors.

What can you do? Get on a healthy diet, quit smoking, limit alcohol to one drink a day and become more physically active. Report any symptoms of chest discomfort, shortness of breath, light-headedness or any other symptoms you cannot understand to your health care professional and keep an eye on your blood pressure.

Cancer is the second leading cause of death for men in the US. It is estimated that over 320,000 men died from cancer in 2018. The most common cancers are lung, prostate, colorectal and pancreatic. Lung cancer causes more deaths than prostate cancer, colorectal cancer and pancreatic cancer combined. Risk factors for lung cancer are smoking, radon and other toxic inhaled substances. Prostate cancer, the second most common cause of cancer related deaths in the US takes about 31,000 lives. The incidence of prostate cancer is greater than lung cancer, but lung cancer has only a 5-year survival rate of approximately 17% whereas the 5-year survival rate for prostate cancer is over 90%. Colorectal cancer is the third most lethal cancer for men. Fourth is pancreatic cancer, which although much less common, has a worse prognosis with a 1% survival rate for stage IV disease.

What can you do? Stop smoking, tell your medical professional if you have a family history of colorectal or pancreatic cancer. Schedule a digital prostate exam and a PSA test. Since there is a debate as to how often, and at what age, a PSA should be done, be sure to discuss this with your primary physician. If you are over age 50, schedule a colon exam with a colonoscopy, barium enema or an at home DNA stool screening kit.

In 2017 **Unintentional injuries** caused 169,936 deaths with men having twice the mortality of women.

What can you do? Follow the safety guidelines of the equipment you are using. Be aware of your physical limitations and avoid taking chances.

Men smoke and drink alcohol more than women and therefore have more **cirrhosis and alcoholic liver disease**.

What can you do? Do I need to tell you!

Men do get depressed, especially at a time like we are currently trying to navigate. Although men may not attempt suicide as often as women do, at a rate of 22 per 100,000 we are nearly 4 times more successful than women in killing ourselves.

What can you do? Admit the depression and seek professional help. If you know of someone who is struggling with depression, encourage him to get help.

Diabetes contributes to an increased risk for cardiovascular disease and kidney disease. Diabetes can also raise the risk of sexual impotence and lower testosterone levels.

What can you do? You should be in an ongoing preventive and educational care program with your health care professional.

If you are in the gay or bisexual community and engage in sex with other men, you are at risk for **HIV/AIDS infections and hepatitis B**. In 2017 there were 38,281 new cases of AIDS and 5,698 deaths from AIDS. Hepatitis B is a chronic life long infection frequently resulting in cirrhosis and liver cancer.

What can you do? I should be suggesting what not to do; do not have unprotected sex with another man.

BOW POLICE LOG

by Chief Margaret Lougee

MAY 2020 ARREST LOG

- 5/2** Louie Trudeau, 37, Bow, was arrested for domestic violence; simple assault, and resisting arrest/detention
- 5/3** Gary Kenneson, 37, Franklin, was arrested for stalking; Sean Milne, 41, Concord, was arrested for reckless operation, disobeying an officer, and suspended registrations
- 5/4** Louie Trudeau, 37, Bow, was arrested for breach of bail, and stalking
- 5/7** Damien Wells, 20, Concord, received a summons for driving after revocation/suspension
- 5/8** Mark Lucier, 58, Concord, received a summons for driving after suspension/revocation; subsequent offense
- 5/9** Kenneth Palmer, 52, Gainsville, GA, was arrested as a fugitive from justice, and possession of a controlled drug; Jason Hart, 47, Manchester, was arrested for possession of a controlled drug, and 4 counts of forgery
- 5/12** Kelsie Ordway, 30, Hillsboro, was arrested on two counts of possession of controlled drugs; Christopher Cooper, 22, Concord, was arrested for possession of a controlled drug, and deal/possess prescription drugs
- 5/13** An adult was taken into protective custody for intoxication
- 5/17** Bonnie Gilbert, 44, Franklin, was arrested for resisting arrest/detention; Duncan Levey, 18, Manchester, was arrested for robbery, burglary, and theft by unauthorized taking
- 5/19** Chandra Bailey, 23, Weare, was arrested for possession of a controlled drug, and a bench warrant for driving after revocation/suspension; Sean O'Mara, 48, Concord, was arrested for felon in possession of a dangerous weapon, and possession of a controlled drug; Theodore Kopka, 36, Loudon, was arrested on a warrant for receiving stolen property
- 5/20** Nikolay Hayden, 30, Gloucester, MA, received a summons for driving after revocation/suspension
- 5/22** Megan Douillette, 40, Penacook, received summonses for driving after revocation/suspension, and suspended registrations
- 5/23** John Bousquet, 55, Penacook, was arrested on warrants for possession of a controlled drug, and willful concealment; Trevor Ingram, 23, Bow, was arrested for domestic violence; simple assault, and theft by unauthorized taking
- 5/25** Momkpokpo Amegnra, 28, Concord, received summonses for driving after revocation/suspension, and suspended registrations
- 5/26** Joshua Manias, 26, Franklin, received a summons for operating without a valid license
- 5/27** Edwin Crispin-Cruz, 47, Manchester, was arrested for two counts of theft by unauthorized taking
- 5/28** Jessica Ehrgott, 38, Concord, received a summons for driving after revocation/suspension; Joseph Mielcarz, 54, Bow, was arrested for domestic violence; simple assault, and domestic violence; criminal threatening
- 5/29** An adult was taken into protective custody for intoxication
- 5/31** Margaret Bradley, 33, Penacook, received a summons for suspended registrations; Adam Cunningham, 32, Hopkinton, received a summons for operating without a valid license

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