

Men's Health Network™

An Informational and educational organization
recognizing men's health as a legitimate social concern

MHN

P. O. Box 75972
Washington, D.C. 20013
202-543-MHN-1 (6461)
Fax 202-543-2727
www.menshealthnetwork.org
www.menshealthweek.org

Men's Health Network

The Men's Health Network™ (MHN) was created in 1992 as an educational campaign to significantly improve male health, longevity, and quality of life.

MHN's Goals.

- Save men's lives by reducing premature mortality of men and boys
- Foster health care education and services that encourage men of all ages to implement positive lifestyles for themselves and their families
- Increase the physical and mental health of men so that they can live fuller and happier lives
- Significantly reduce the cycles of violence and addiction that afflict so many men
- Energize government involvement in men's health activities so that existing government health networks can be utilized to increase the health and well-being of men and boys
- Encourage women to expand on their traditional role as the family's health care leader and activist for enhancement of health care services

Spokespersons.

Two physician members of the MHN Board of Directors take an active role in reviewing MHN's policies and recommendations and act as spokespersons during National Men's Health Week. Jean Bonhomme, MD, MPH is founder of the National Black Men's Health Network and a researcher with Emory University. David Gremillion, MD, FACP, a retired Air Force Colonel and past president of the Society of Air Force Physicians, is currently an Associate Professor of Medicine at the North Carolina School of Medicine.

Other spokespersons include: Betty Gallo, founder of the Dean and Betty Gallo Prostate Cancer Center; Armin Brott, syndicated radio host and author of "19 Ways to Save Your Husband's Life" and a number of best-selling books on fatherhood; Tracie Snitker, Director of Public Affairs for MHN; Megan Smith, Director of Project Development for MHN, and Andrew Kimbrell, founder of the International Center for Technology Assessment, and author of *The Masculine Mystique*, *The Human Body Shop*, and *101 Ways to Save the Earth*.

Tradeshows and Conventions.

The Men's Health Network™ maintains professional displays designed to promote preventive health care, regular screening, and education. Informational brochures and reprints, promotional items, and informative videos are featured. The role that women play in men's health care is emphasized.



Educational Materials.

MHN has developed an wide array of health brochures which provide information on prostate, testicular and breast cancers. MHN also publishes a “Get It Checked” screening guideline featuring screening guidelines for men and women, the popular “Health Facts for Men” which features 12 important health conditions men should be aware of, and “Stay Involved” for fathers with parenting tips from “Mr. Dad”, Armin Brott. The Network has also developed specific guidelines targeted at various at-risk populations. Spanish translations of these materials are available.

Men’s Total Health Digest.

MHN has entered into a partnership with *Men’s Total Health Digest* under which MHN provides editorial advisement and content for the magazine. This collaboration gives men’s health a more prominent voice in the professional and advocacy communities, provide information for physicians and health care specialists, and motivate men to take control of their health care and ultimately live more healthful lives. Under the terms of the agreement, a member of the Men’s Health Network sits on the advisory board of *Men’s Total Health Digest*, contributes to the editorial content of the magazine, and receives space for articles.

Men’s Total Health Digest is the premier physician-based men’s health journal in America. Founded in 2001, it reaches 50,000 physicians, providing them information on men’s health needs and keeping them current on the latest marketing trends.

Workplace Health Awareness and Education Programs.

MHN works with government entities, private employers, and health care providers to bring health information and screenings to the workplace and to develop protocols for workplace health programs that engage men in proactive health care activities.

MHN HealthZone™.

The *MHN HealthZone™* screening and awareness program is part of this outreach. *MHN HealthZone™* is designed to facilitate a renewed commitment to men’s health care by making screening services readily available to consumers, hospitals, health clinics, community centers, and large employers. *MHN HealthZone™* provides free health screenings for cholesterol, diabetes, hypertension, obesity, prostate cancer, and erectile dysfunction. MHN offers a *MHN HealthZone™* planning kit that can help organizations nationwide conduct their own men’s health screenings.



MHN HealthZone™ as seen at the 2002 Rotary International Conference in Barcelona Spain

The *MHN HealthZone*[™] screening program is promoted by numerous public health departments, health care providers, and private corporations and has been featured at the Rotary International Conference and several other tradeshows and conventions.

Time Out for Men's Health[™].

Time Out for Men's Health[™] is a national awareness campaign to educate men about the importance of regular check-ups and age-appropriate screenings. "Just like taking the car in for an oil change or for the 25,000-mile checkup, men also need to take themselves to the doctor's office to make sure everything is running smoothly," David Gremillion, MD, of MHN said. "That's why Men's Health Network created this campaign – to help men keep track of how often to check their blood pressure, get a tetanus booster and check their testosterone levels."

The program offers free health screenings for men and educational materials at events across the United States. At these events, MHN provides cholesterol, blood pressure, blood sugar, PSA (prostate specific antigen), testosterone and body mass index screenings for men, as well as access to a health educator and literature related to men's health and well-being.

Talk About It: Colon Health.

MHN has teamed up with new Caltrate Colon Health calcium supplements and Tim Matheson, Vice President John Hoynes on NBC's "The West Wing," on "Talk About It!" – a national education campaign aimed at getting men talking and thinking about colon health, while taking steps toward protecting their colon.

"I am excited to be working with Caltrate[®] Colon Health[™] and the Men's Health Network[™] to open the lines of communication and get men educated about the importance of this critical health issue", says Matheson

The "Talk About It!" campaign aims to educate men about colorectal cancer and the promotion of colon health through a number of vehicles. The Colon Healthline is a toll-free hotline that men called in the month of December 2002 to hear a special message from Tim Matheson and MHN doctors, get their colon health questions answered and receive a free educational brochure and samples of new Caltrate Colon Health. At www.colonhealthline.com, consumers can log on for colon cancer facts and prevention tips and also sign up for the brochure and product samples. The educational brochure is available at numerous men's health fairs and exhibits throughout 2003.

Advocacy.

One of the MHN's proudest accomplishments was advocating for the Congressional passage of National Men's Health Week. Sponsored by Senator Bob Dole and Congressman Bill Richardson, NMHW was signed into law by President Clinton on May 31, 1994, and is recognized each year as the week leading up to and including Fathers Day. Each year during this time, MHN asks that the Governors of each state declare a Men's Health Week in their state. Governors, public health officials, and health activists are encouraged to use this event to focus media attention on men's health needs.

MHN maintains the National Men's Health Week web site at www.menshealthweek.org.

Cancer Education & Awareness.

MHN is honored to participate in a number of prestigious efforts in the fight against cancer, including the National Dialogue on Cancer, One Voice Against Cancer, and the National Prostate Cancer Coalition.

Former President George Bush and Barbara Bush are Co-chairs of the National Dialogue on Cancer. The Dialogue is a forum that brings together the principal leaders of key national cancer organizations, agencies and institutions, plus central figures from other public, private and non-profit entities, to foster and support efforts to overcome cancer. Participants in the Dialogue include the heads of federal and state governmental agencies, private organizations, such as pharmaceutical companies and the motion picture industry, and nonprofit groups whose missions relate to cancer research, control and/or patient advocacy. Other individuals with a deep concern about cancer and who have achieved prominence in the entertainment, news and other industries or endeavors also are engaged in the National Dialogue. There are about 150 Dialogue participants.

One Voice Against Cancer is an unprecedented coalition of over 40 major cancer organizations supportive of increased research efforts at NIH and NCI and increased support for the prevention, awareness, and early detection programs at CDC. In addition to the Men's Health Network, member organizations include the American Cancer Society, American College of Obstetricians and Gynecologists, American Foundation for Urologic Disease, American Urological Association, Association of American Cancer Institutes, Association of Community Cancer Centers, Cancer Research Foundation of America, Coalition of National Cancer Cooperative Groups, Colon Cancer Alliance, Colorectal Cancer Network, Foundation for the Children's Oncology Group, Hadassah, Intercultural Cancer Council, Kidney Cancer Association, Leukemia & Lymphoma Society, National Coalition for Cancer Research, Oncology Nursing Society, Pancreatic Cancer Action Network, and the YWCA.

The National Prostate Cancer Coalition was created in 1996 to advocate for increased federal funding for prostate cancer research. The founders included members of the Men's Health Network. The coalition includes the American Cancer Society, American Foundation for Urologic Disease, American Urologic Association, B'nai B'rith International, Cancer Research Institute, CaP CURE, and the Men's Health Network.