

# Preface

*What is men's health?* “Guy problems. You know, prostate and genital problems. They die of heart attacks and strokes mostly. Working out at the gym. Oh yeah, some cancers too. And stupid, risky behaviors. Guys like to take chances, and don’t always think about what might happen to them. We should know better. Yeah, that should just about cover it...” [1].

While the above answer is quite superficial in its scope, it should be widely acknowledged that men on the worldwide arena share the common factor that they are at a higher risk of premature death from the majority of adverse health conditions that we would expect to affect men and women equally. Ultimately, men’s health as a subgenre of medicine needs to progress beyond a discussion simply reflecting morbidity and mortality statistics, urology, and sexual function concerns, to focus on the circumstances that influence men to either seek or not seek preventive and holistic medical care.

In the past decade, the field of men’s health has begun to evolve and gain some modest traction, not simply as an answer to “women’s health,” but more formally to recognize, research, and address medical and social issues predicated upon inherent disparities affecting the male gender. However, creating a distinct field of “men’s health” is still an admirable goal, one that should be multidisciplinary and should focus on the unique biopsychosocial factors that impact the health of men across the life cycle.

In reviewing the currently available primary care and specialty-oriented men’s health-affiliated journals and textbooks, I continue to see a growing need for primary care clinicians to have a multidisciplinary and evidence-based reference guide to the diseases and disorders that affect male patients of all ages, with a comparative epidemiologic focus. Although the majority of references for this target audience on general pediatric and adult medical problems are considered to be comprehensive and up to date, few are specifically targeted at those diseases and disorders that unequally affect male patients. Hopefully, future provisions of men’s health will be supported through such legislature as the Affordable Care Act, which should help to improve many parameters of healthcare outcomes in men.

The collection of authors assembled for this textbook represents a cohort of nationally and recognized scholars, clinicians, and researchers, many of whom are the leading experts on their respective topics. They have provided current evidence-based reviews and practice recommendations on best practice strategies to approach common clinical concerns and disorders in men's health.

I would like to sincerely thank all of the authors who donated their extremely valuable time and energy to believe and participate in this textbook project. A very special thanks is given to Patrick Carr and his excellent staff at Springer for their assistance in the production and timely publication of this textbook.

It is my hope that this textbook spawns a broader interest in recognizing and addressing disparities in men's health and provides a practical reference for learners and clinicians who care for common disorders in male patients across the globe.

Best wishes

## Reference

1. Random male patient interview conducted by editor, when soliciting advice on what to include in a textbook on men's health, Ypsilanti Health Center, Ypsilanti, Michigan, June 11, 2004. Appears in Heidelbaugh JJ (ed.) *Clinical Men's Health: Evidence in Practice*. Philadelphia, PA: Saunders/Elsevier, 2008

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