

## FACTORS INFLUENCING MEN'S HEALTH

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**Abstract.** Men's health is a unique area that requires an interdisciplinary approach to appropriately address the full spectrum of men's health needs. This article is dedicated to the issue of preserving and strengthening the men's health. Some factors that can affect men's health are considered. Preventing of the risk factors is inextricably linked with lifestyle, primarily with a balanced diet. By including useful substances in the diet and the right combination of them, you could improve the quality of your life.

**Keywords:** men's health, risk factors, lifestyle, preventing, quality of life.

The state of public health is determined by the following heterogeneous factors:

- biological (heredity, constitution of the body, etc.);
- environmental (climate, environmental pollution, etc.);
- socio-economic (income level, nutrition, education, living, labor, and recreation conditions);
- environmental (psychological mental factors, political situation, etc.).

The average life expectancy for a male born in Russia in 2023 is 73.5 years. Male life expectancy has increased dramatically over the past 50 years, with a recent slight decline associated with the COVID pandemic. How long we live is important; however, the quality of life is equally important. The ability to enjoy life to the fullest requires an investment of time and effort in health maintenance and disease prevention. These investments pay dividends almost immediately, and it is never too late to start [1, 10].

Our body is an incredibly complex mechanism that requires nutritional components (food, water, and air) to grow, function, and repair itself. Like any mechanism, the body requires regular maintenance to last long and function well throughout a person's expected life. Using the body for its intended purpose and minimizing abuse also enhances its performance. A healthy lifestyle is not just the absence of disease, but the ability to enjoy the years of life available to each individual [2].

A common condition in men that is part of the normal aging process is benign prostatic

hypertrophy (BPH or enlarged prostate). The urethra is the tube that passes through the prostate and drains the bladder. A man with an enlarged prostate (BPH) often has difficulty emptying his bladder because the urethra is compressed by prostate tissue. This compression of the urethra makes it difficult for the bladder to create enough pressure to overcome the obstruction (enlarged prostate). Over time, the bladder itself begins to weaken, making it even harder to urinate [3, 4].

Sexual health and functional capacity are important components of a healthy lifestyle. There are many causes of erectile dysfunction (ED, impotence), including [8, 9]:

- diabetes,
- peripheral vascular disease,
- spinal cord injury, and
- multiple sclerosis.

Heart disease is the number one cause of death for men worldwide.

The heart, like any other muscle, needs blood to supply the oxygen and nutrients it needs to function. The heart's needs are supplied by the coronary arteries, which begin at the base of the aorta and spread across the surface of the heart, branching to all areas of the heart muscle.

Lung cancer is the number one cause of death among cancers in men, and most are preventable. Smoking causes 80-90% of all lung cancer cases [6].

Prostate cancer is the most common cancer in men. It is a senile disease and rarely occurs in men under 50 years of age [7].

Testosterone levels, which are necessary for puberty, muscle and bone development at a young age, gradually decrease during a man's life (sometimes called low T). Testosterone levels must be at a certain level to maintain body and brain function. There are many theories about the regular use of testosterone therapy in older men, but these theories are not widely accepted [5].

Testosterone is a very important hormone. It is even able to change a man's mood: a low level of it means some lethargy or apathy. More than that, this might mean some issues with the bones, circulatory system, and obesity. However, on the other hand, the optimal level testosterone does mean a good mood, the strong muscles, it is a good standard of healthy life.

There are congenital changes, lack of testosterone - this is called hypogonadism. And that is a separate topic for the specialists.

Cholesterol is necessary, as it is involved in the synthesis of testosterone as well. Cholesterol is contained in food of animal origin (exogenous cholesterol) and synthesized by the human body (endogenous cholesterol is up to 80%). In normal metabolism, balance of the average amounts of exogenous and endogenous cholesterol is maintained.

In terms of preventability, the 1st place is taken by causes of death that depend on the lifestyle, so are on prevention of the risk factors (82% for men and 67% for women).

A healthy lifestyle reduces the potential risk of cancer. Regular exercise, a healthy diet, and avoiding toxins in the environment (including smoking and passive smoking) are positive lifestyle changes that the average person can control during their lifetime.

A healthy lifestyle is not only absence of the bad habits, and to have an active lifestyle instead, but also proper healthy sleep and, first of all, a balanced diet.

A nutrition plan should be made taking into account nature of the work and climate conditions. In hot climates the water-soluble vitamins (C and B group), microelements such as chlorine, sodium and potassium are lost. Losses of calcium and phosphorus increase in 6-7 times more in hot climate and/or heavy physical labor. Very low or very high temperatures increase the need for io-

dine, iron and copper. Spaces of high altitude increase the need for vitamin E and iodine.

We are getting the proper fats with dairy products (milk, kefir, cheese), with meat, with fish, with nuts, with vegetable fats (olive oil, flaxseed oil). Fats are necessary, proper fats are necessary for vitamins to be absorbed, no one has canceled the fat-soluble vitamins. But everything is individual – different amounts of fat are needed for an athlete and for a person having a sedentary lifestyle. In the diet should be a sufficient amount of fiber, too (greens, vegetables, fruits, berries, nuts, cereals). Fiber speeds up the metabolism and slows down the rate of carbohydrate absorption, thus preventing the insulin spikes.

It is important to calculate and select the needed amount of calories, fats, proteins, carbohydrates.

There should be a balance between the incoming and outgoing energies.

In the Republic of Sakha (Yakutia), according to statistical data for 2022, the life expectancy for men is 67.7 years (women live longer on average by 10 years).

In the structure of the main losses of men's life potential, the first place is taken by losses from external causes of death (117.7 person-years). External causes of death determined 39.8 % of all losses of men's life potential, and 22.5 % of all women's. At the same time, the loss of potential years of life in men is 4.6 times higher than in women [13].

The gap in figures of loss of life potential of men and women is:

- 2.5 times for diseases of the circulatory system;
- the respiratory system – 2.8 times;
- the infectious diseases – 2.4 times.

In terms of injuries among all affected, men (above 18 years old) have gotten traumatic injuries in 57.3% of cases, boys – in 60.9% of cases. The rate of traumatise in men was 91.5 per 1000 population (in 2011 – 96.0), for women – 64.8 (in 2011 – 61.0), i.e. men have gotten injuries around 1.4 times more often than women did [13].

An important role is played by the lack of scientific research on men's health, the lack of effectiveness of preventive measures, and the consumer attitude of most men to their health.

Against this background, women's health is very widely covered in many works and studies: the health of pregnant women, the incidence of gynaecological diseases in the female population, the incidence of malignant neoplasms of the reproductive system in women, the dynamics of abortion, social diseases of women, etc.

Our medical clinic conducts annual medical examinations, including such organisations with 95-99% of employees are men. It is possible to select a target group among them, and study their health indicators in a targeted

manner. In recent years, a huge and valuable database has been created.

An overview and brief explanation of the main factors influencing men's health may have practical application in the field of health care organization, as it points out to a number of problematic issues related to men's health. The social and cultural changes, promotion of gender-specific medicine, and correction of the professional medical attitudes about the characteristics of men's health are required to maintain and improve the health of the male population.

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## ФАКТОРЫ, ВЛИЯЮЩИЕ НА МУЖСКОЕ ЗДОРОВЬЕ

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***Аннотация.** Мужское здоровье – уникальная область, требующая междисциплинарного подхода для надлежащего удовлетворения всего спектра потребностей в области охраны здоровья мужчин. Данная статья посвящена проблеме сохранения и укрепления здоровья мужчин. Рассматриваются факторы, которые могут повлиять на мужское здоровье. Профилактика факторов риска неразрывна связана с образом жизни, в первую очередь – с рациональным питанием. Включая в ежедневный рацион полезные вещества и правильно их сочетая, можно улучшить качество своей жизни.*

***Ключевые слова:** мужское здоровье, факторы риска, образ жизни, профилактика, качество жизни.*