What’s Worse Than a Medical Visit? Not Much, According to Men

Men’s life expectancy has trailed behind women’s for years. In large part, that’s because men are more likely to participate in risky behaviors that put them in harm’s way—including smoking and drinking. And men are also more likely than women to skip regular checkups and delay medical care, even if they’re sick or injured.

Why Avoid Care?
What’s behind men’s reluctance to get the care they need? The survey results point to several possibilities.

1. They don’t want to be told they need to change.
2. They may feel uneasy discussing sensitive issues.
3. They don’t want to feel shamed or judged.
4. They don’t want to seem weak.

Motivating Men
So, what will encourage men to make medical visits part of their routines? The survey results hint that stressing their responsibilities to others may help. The vast majority of men surveyed said they try to maintain their health because their friends and family rely on them.

Does This Sound Like You?
Just how much do men dread medical visits? A survey of more than 1,000 U.S. males found that around 72% of them would prefer doing chores like mowing the grass or cleaning the bathroom to seeing a healthcare provider.

Sources include the American Academy of Family Physicians, American Journal of Men’s Health and the U.S. Department of Health and Human Services.

For more health and wellness tips, visit sutteremployer.org.