

The enduring power of stigma - understanding why HIV-positive gay men don't disclose their status

Study highlights stigma within gay communities, and amongst HIV-positive men

The accounts of a group of gay men living with HIV in Dublin, most of whom rarely, if ever, disclose their HIV status to casual sexual partners, starkly reveal the extent of HIV stigma within the gay community, according to a qualitative study published online ahead of print in *Qualitative Health Research*. While interviewees feared being sexually and socially excluded on account of their HIV status, they also stigmatised others living with HIV and rejected a shared identity.

AIDS Map, September 30, 2015

Young Men at Much Higher Risk for Suicide Than Young Women

Men between aged 18 to 24 years from the five most common racial and ethnic groups in the United States are significantly more likely to commit suicide than women of that age group, according to recent Health E-Stat data released by the National Center for Health Statistics (NCHS).

Medscape, September 30, 2015

Young Black Men Who Feel Powerless Engage In More High Risk Behaviors

Many of these young people felt that their access to resources like education and justice was limited compared to other youth, and they felt powerless to effect change on the status quo. This feeling of powerlessness is related to high-risk behaviors. Young Black males who had been more exposed to violence were at highest risk of feeling disenfranchised, discriminated against, and disconnected from society.

Medical Research, September 30, 2015

Screening for Adolescent Mental Health in The ER

Researchers at Children's Hospital Los Angeles recently tested a mental health screening tool for adolescents coming to the emergency room for medical complaints who might also be at risk for mental health problems.

According to researchers, of the 992 patients studied, nearly half - 47.5 percent - responded yes to questions about substance abuse, traumatic exposure or behavioral symptoms such as depression and anxiety.

Psych Central, October 2, 2015

[Human papillomavirus vaccination not linked to increase in sexually transmitted infections in adolescent females](#)

The results of this study suggest that HPV vaccination is not associated with an increase in sexually transmitted infections. Although adolescents receiving the HPV vaccine had a higher rate of sexually transmitted infections, this difference was established before vaccination occurred and was not the result of HPV vaccination. In contrast, this result suggests that adolescents at an increased risk for sexually transmitted infection may be receiving the HPV vaccine at a higher rate, possibly due to a sexually transmitted infection diagnosis. The increased incidence of sexually transmitted infections observed in both groups of adolescents over time highlights the importance of early HPV vaccination before potential HPV exposure.

Clinical Advisor, October 2, 2015

[Mouse Study Hints at New 'Male Contraceptive'](#)

A discovery in mice could pave the way to a reversible, non-hormonal form of birth control for men, researchers report. The findings, published online Oct. 1 in the journal *Science*, add to efforts to develop the elusive "male pill" -- that is, a contraceptive. Right now, the only methods of birth control for men are surgical vasectomy -- which is very effective, but usually permanent -- and condoms, which can be unreliable.

Dr. Abraham Morgentaler, a member of the board of directors for the [American Sexual Health Association](#), said, "There is a great need for a male contraceptive that does not involve minor surgical procedures or condoms."

That need may be even greater in certain countries outside the United States, where overpopulation is a serious problem, Morgentaler said.

Another expert agreed. "Existing male contraceptives don't come close to filling the need," said Aaron Hamlin, executive director of the Male Contraception Initiative, in Washington, D.C. "Condoms have a real-world annual pregnancy rate of 18 percent -- about a dice roll for the average person," Hamlin said.

Health Day, October 1, 2015

[Here's how \(and why\) to help boys feel all the feels.](#)

As a psychotherapist, my two specialties are anxiety and relationships. What stands out to me when counseling men is that much of their struggle with anxiety, depression and relational trouble has a connection to the inability to understand and process their feelings. This is largely to do with the messages that start in childhood, not only from the family but often from peers and the community. Issues of rage, anxiety, depression and unhealthy coping mechanisms like heavy drinking often manifest when men don't understand their feelings or don't give themselves permission to have them.

Washington Post, October 1, 2015

[UCSD to lead study of 10,000 adolescents](#)

Academic centers across the country will recruit more than 10,000 students ages 9 and 10 for a study that could last a decade, and which will involve DNA testing and high-resolution brain scans.

The study was commissioned by the National Institutes of Health, which may end up spending as much as \$300 million to enable scientists to examine one of the least understood segments of the population.

San Diego Union-Tribune, September 30, 2015

[Mental Health Screenings of Teens by PCPs Can Prevent Suicides](#)

A new paper finds that psychosocial assessment and mental health screening of teens during routine health care visits can literally be a life-saver.

Nursing researchers with the University of Texas at Arlington and Texas Woman's University contend that depression and suicide risk screening can assist health care providers in preventing suicides in teens.

Psychiatry Advisor, September 30, 2015

[The Canadian Fight To Make The HPV Vaccine Free For Boys](#)

Right now, only males under the age of 26 who are deemed "vulnerable" can receive the vaccine for free. More shocking is the criteria for "vulnerable" which deems men that are "street-involved or those who have sex with males" as falling into the category. It would be almost preposterous to inquire to sixth grade girls if they are sexually active with their classmates, or "street-involved," so the question remains, why is this the case for boys when it is of equal importance that they receive the vaccine like their female counterparts. *The Argus, September 29, 2015*

[Can the HPV Vaccine be used to Treat Cervical Cancer?](#)

We are familiar with HPV vaccination as a strategy for preventing cervical cancer. Can it also be used to treat it? A study in the Lancet randomises 209 patients 3:1 to an intramuscular HPV-16 and HPV-18 plasmid vaccine or placebo. At 36 weeks, cervical histopathological regression was seen in 48.2% of the vaccine group vs 30.0% in the placebo group, and HPV DNA became undetectable in 40% of vaccine recipients vs ~10% of those receiving placebo. Obviously, this is less effective than surgery, but an accompanying Comment thinks it may be worth trying in selected cases before resorting to more destructive approaches.

On Medica, September 25, 2015

[A new study reveals how gay men see themselves and their communities](#)

"There haven't been many surveys of LGBT people over time where we can kind of assess how some of the perceptions that exist now might have different 20 years ago, or even 10 years ago," says Gary Gates, the research director and Williams Distinguished Scholar at the Williams Institute on Sexual Orientation and Gender Identity Law and Public Policy at the University of California, Los Angeles School of Law. "It's only very recently that people believe that you can do a representative sample of LGBT people anyway. For a long time, survey people and polling organizations actually didn't believe that was possible, because they didn't know what the characteristics of an LGBT population were to determine whether the sample they got was appropriate or not."

Washington Post, September 23, 2015

[Our boys need to absorb this message: Acting violently doesn't mean you're a man](#)

Too often, it seems, we take the focus off the men who have committed these violent acts by focusing on the side story - or, more tragically, by blaming the victim. Instead, let's ask the tough question that sits at the heart of this issue: How can we get boys and men to stop hurting themselves and others at such alarming rates?

Bangor Daily News, September 23, 2015

[HPV and Anal Cancer: The Last Taboo](#)

With all the scrutiny on charity fundraising at the moment, many charities need to regain the trust of the public. But this is even more of an uphill struggle for charities that need to educate people first before they can ask for donations.

MyDonate spoke to the HPV and Anal Cancer Foundation to understand how a charity that deals with a taboo or social stigma can simply and effectively raise funds and awareness.

Third Sector UK, September 22, 2015

[First Therapeutic Vaccine Against HPV Shows Promise](#)

An investigational vaccine has shown activity as a therapeutic treatment for high-grade precancerous cervical lesions caused by the human papillomavirus (HPV). The vaccine, VGX-3100, is the first therapeutic vaccine to show efficacy for such lesions. The results of the phase IIb placebo-controlled study is published in the Lancet.

Cancer Network, September 22, 2015

[Extraordinary case of girls growing penis in the D.R. highlighted by BBC show](#)

In a small town in the Dominican Republic, some boys are born looking like girls and when they hit puberty their penis grows. This extraordinary occurrence in the isolated village of Salinas, in the southwestern part of the Caribbean island, is highlighted in a new BBC Two series called "Countdown to Life - the extraordinary making of you."

Fox Latino, September 22, 2015

[More Help for College Men With Depression and Anxiety](#)

Campus counseling centers take new approaches to help struggling male students

Concerned that they aren't reaching enough young men, college counseling centers are making extra efforts to draw them in. The centers, which usually offer support groups and one-on-one therapy for struggling students, have faced growing demand for their services in recent years. Still, men make up only 33.9 percent of clients, according to the latest annual survey by the Association for University and College Counseling Center Directors. Men represented 43.8 percent of the student population at the schools surveyed.

Wall Street Journal, September 22, 2015

[Vaccine law should cover HPV cancers](#)

Vaccines are the most effective way to prevent infectious diseases. Gov. Jerry Brown rightly signed a law that requires, starting July 1, 2016, that all children enrolled in public or private schools or day care be vaccinated against whooping cough, measles, polio and other diseases, regardless of parents' religious or personal beliefs. But frustratingly, the California mandate does not include the vaccine to protect against cervical, anal and oral cancers, and genital warts.

Sacramento Bee, September 22, 2015

[The rise of BIGOREXIA: How male gym-goers with anxieties over their muscles are excessively lifting weights and taking steroids - leading to depression, heart attacks and suicide](#)

Whereas anorexics think they are too fat when they are actually too thin, bigorexics think they look puny when, in fact, they are muscular. It is now believed that a tenth of men in British gyms suffer from the condition, a BBC Newsbeat investigation found .

Daily Mail, September 21, 2015

[Duke opens center for transgender adolescents](#)

The gender care center takes Duke specialists like Routh who might have treated some aspect of sex development and gender care and puts them under one roof, where they can work together as a team. Routh performs surgery for sexual disorders such as ambiguous genitalia as early as infancy, but transgender years old, Adkins said.

Charlotte Observer, September 21, 2015

Editorial: The real vaccine risk

Maybe it's time for political parties to require a science course for anyone who wants their nomination. Misinformation about vaccines has become a stubborn, recurring feature of presidential campaigns.

Chicago Tribune, September 21, 2015

SAHM Releases THRIVE App for Adolescents

The Society for Adolescent Health and Medicine has announce a brand new app designed to empower parents to begin a dialogue with their teen or young adult on important health topics, and help manage their own health. Available on Apple and Android products, the THRIVE app can be downloaded for FREE. The app features an extensive library of teen health and wellness topics relevant to this transformative and often complex stage of life to help parents have important discussions with their teens and young adults. It also provides parents with conversation starters for difficult or sensitive topics; health exams and preventive health information, including vaccinations and well-visits; risk-oriented behavior, such as drinking, smoking or sexual health; social media and more.

SAHM, September 1, 2015

Meth affected boys fare worse than girls

Boys born to mothers who used P while pregnant have a higher chance of problems at school than girls in the same position, new research indicates. Researchers from New Zealand and the United States tracked the neuro-development of 107 Auckland children whose mothers used methamphetamine during their pregnancies, NZME reported.

Stuff NZ, September 20, 2015

GOP debate fact check: Claims about vaccines and autism

By any reasonable standard of what constitutes acceptable public discourse, Donald Trump's presidential campaign should have ended on Wednesday at about 10:50 p.m.

Herald Current, September 20, 2105

Mentally ill adolescent males are largely not violent

In an interview last year with the news organization ProPublica about violence and mental health, Dr. Jeffrey Swanson, a professor in psychiatry and behavioral sciences at Duke University, provided interesting statistical context. He noted a 2001 study that looked at 34 adolescent male mass murderers. "Only 23 percent had a documented psychiatric history of any kind - which means 3 out of 4 did not," he said. That suggests creating a mental health database would miss a lot of people. Oh, and 61.5 percent of the mass murderers had substance abuse.

My San Antonio, September 20, 2015

The "young invincibles" are primarily men

The U.S. Census Bureau just released its latest numbers on health insurance, showing a spike in the share of Americans with coverage. But there's still a sizable chunk of the population that has high rates of uninsurance: older millennials, a.k.a. the "young invincibles," a nickname that refers to their supposedly hubristic attitude that they don't need health insurance because they'll never get sick. The share of young men who are uninsured, however, is much higher than that for women, and a gender gap in coverage remains for decades after that, almost until retirement age. What gives?

Washington Post, September 16, 2015

Prostate Cancer Awareness Month: 'Light It Blue' Campaign Encourages Young Men To Practice Prevention Earlier In Life

September is Prostate Cancer Awareness Month, the most common cancer in men, after skin cancer. One out of every seven men in the United States will be diagnosed with prostate cancer in 2015, adding to the nearly three million American men currently living with the disease. Every year health expert, advocates, and individuals affected by prostate cancer rally together to spread awareness and encourage prostate screenings, educate young men about risk factors and symptoms, and advocate for research funds.

Medical Daily Pulse, September 16, 2015

Women given testosterone during gender reassignment process 'start to think more like men'

Women given testosterone while undergoing a sex change start to think more like men after the treatment, research suggests. Their brains undergo structural changes and shrink in areas that play a key role in language, scientists found. The discovery reinforces the idea that "men are from Mars and women from Venus" because of the way their brains are wired. Women are known to have better verbal and multi-tasking skills than men, while men are believed to have a superior spatial ability.

The Independent, September 15, 2015

[Prostate cancer test which detects tumour size could save thousands of lives](#)

A £10 urine test for prostate cancer, which not only picks up the disease but also reveals the size of tumours so that doctors know whether to operate, could be available within 18 months. Around 40,000 men are diagnosed with prostate cancer each year and more than 10,000 will die, many because the disease is not picked up early enough. The new test, which works like a pregnancy test, is twice as reliable as current blood test and would allow patients to find out in minutes whether they had cancer based on the levels of EN2 in their urine - a protein which is produced by tumours.

The Telegraph, September 11, 2015

[Gay and Bi Men With HIV See Rising Sexually Transmitted Hepatitis C](#)

There is an emerging epidemic of sexually transmitted hepatitis C virus (HCV) among HIV-positive men who have sex with men (MSM), with men who are then cured of hep C at very high risk of being reinfected with that virus. Men who have receptive anal intercourse without a condom and who have sex while high on drugs are at greater risk.

AIDS Meds, September 11, 2015

[IRELAND: VIDEO: Text service gives suicidal men a voice](#)

More men are opening up about their mental health problems than before thanks to a text service operated by suicide prevention charity Console, which is being hailed as a "breakthrough" in suicide prevention.

Irish Examiner, September 11, 2015

[7 Dangerous Myths About Depression in Men](#)

There were over 41,000 deaths from completed suicide in 2013 with males accounting for nearly 80 percent of fatalities. In addition to the individual loss of life, the emotional and psychological costs to family members, friends and entire communities are enormous. Despite the apparent need for mental health services aimed at men and boys, psychological services remain under-utilized by males. One reason men and boys do not seek professional help for a psychological struggle is the stigma of mental illness among this population. Stigmas largely exist because mental illness remains misunderstood and at times sensationally stereotyped. Depression is often seen

as the precursor to suicidal ideation and behavior so let's take a look at some dangerous myths about men and depression.

Huffington Post, September 11, 2015

[This is what happened when 6 men ate 6,000 calories a day](#)

To test how an unusually high calorie diet can push people's cells toward becoming resistant to insulin early on, researchers led by Guenther Boden, professor of medicine at Temple University School of Medicine in Philadelphia, fed six healthy middle-aged men a typical American diet consisting of 2 to 2.5 times their normal daily caloric intake - that's the staggering 6,000 calories per day - for a week. About 50% of the diet was carbohydrates, 35% fats, and 15% was protein.

Three of the men were normal weight, three were overweight, and none were obese or unhealthy at the start. They were all hospitalized for other, unspecified conditions at the time and remained on bed rest throughout the study.

The results by the end of the week were surprising.

'They all developed diabetes'

Each of the men gained an average of 8 pounds, nearly all from fat, which was about what the researchers expected. And by day two, all had a rapid and continuous rise in both blood insulin and insulin resistance levels, enough to cause "severe systemic and adipose tissue insulin resistance in every one of six study subjects," the researchers said in the paper.

"By definition, they all developed diabetes," Francis Stephens, a lecturer at the University of Nottingham in the UK not associated with the study, told New Scientist.

Business Insider, September 10, 2015

[Black Men with Low-Risk Prostate Cancer Produce Less PSA](#)

PSA production may be lower in African-American than Caucasian men with low-risk prostate cancer (PCa), a new study suggests. If confirmed, the finding could impact active surveillance criteria for black patients.

Renal and Urology News, September 10, 2015

Long-term Study Stresses Importance of Active Surveillance in Low-risk Prostate Cancer

A paper published in the Journal of Clinical Oncology, on August 31, authored by Tosoian et al, reports on the long-term outcomes of prospective active surveillance (AS) of patients with favorable-risk prostate cancer. The authors point out that the common widespread practice of screening for prostate cancer in the United States, using prostate-specific antigen (PSA), may have led to overdiagnosis and overtreatment of the disease. The US Preventive Services Task Force has issued a grade D recommendation to reduce the use of PSA screening, and the National Institutes of Health has made a study of the outcomes of AS a research priority as well.

Targeted Oncology, September 9, 2015

Could Young Men's Low Heart Rate Predict Violent Crime?

Some young men who have a low resting heart rate may be more likely to engage in violent criminal behavior later on, a new study suggests. The finding comes from researchers who tracked criminal activity among more than 700,000 Swedish men whose resting heart rate was recorded at age 18.

Health Day, September 9, 2015

Nearly half of testicular cancer risk comes from inherited genetic faults

Almost half of the risk of developing testicular cancer comes from the DNA passed down from our parents, a new study reports. The research suggests genetic inheritance is much more important in testicular cancer than in most other cancer types, where genetics typically accounts for less than 20 per cent of risk. The findings suggest testing for a range of genetic variants linked to testicular cancer could be effective in picking out patients who are at substantially increased risk - potentially opening up ways of preventing the disease.

Eureka Alert, AAAS, September 9, 2015

Sex and masturbation may hamper Ebola eradication efforts

Isolated flare-ups of Ebola may point to a higher risk of transmission via the semen of male survivors than previously thought, undermining hopes of ending West Africa's deadly outbreak by the end of the year. The World Health Organization's advice is that all male survivors should be tested three months after the onset of symptoms and then monthly until they know they have no risk of passing on the virus through their semen, Bruce Aylward, head of the WHO's Ebola response, told a news conference.

Reuters, September 9, 2015

[Men and women with autism have 'extreme male' scores on the 'eyes test' of mindreading](#)

Scientists at the University of Cambridge University have published new results in the journal PLoS ONE from the largest ever study of people with autism taking the 'Reading the Mind in the Eyes' test. Whilst typical adults showed the predicted and now well-established sex difference on this test, with women on average scoring higher than men, in adults with autism this typical sex difference was conspicuously absent. Instead, both men and women with autism showed an extreme of the typical male pattern on the test, providing strong support for the 'extreme male brain' theory of autism.

Medical Express, September 7, 2015

[Israeli men at highest risk compared to those in 19 other countries to get prostate cancer](#)

Prostate cancer is the most common cancer in Israeli men, but the fourth most common cause of cancer deaths among them. The death rate from it is in the middle - 11 out of 20 - among 20 Western countries, the International Agency for Research on Cancer and the Health Ministry's Center for Disease Control revealed this month.

Jerusalem Post, September 7, 2015

[6 Ways Depression Differs Between Men and Women](#)

There are many physical and emotional differences between men and women. When it comes to depression, those differences are extremely important. Understanding the gender differences with the disorder could be the key to finding the most effective treatment. Here are a few of the most common differences in depression for both men and women.

Psych Central, September 5, 2015

[Life expectancy now 79 for men, 83 for women](#)

LIFE expectancy has soared during the last century with medical breakthroughs, vast improvements in working conditions and healthier lifestyles paving the way for an unprecedented increase in the average age of the nation's population.

Figures published yesterday have revealed that men can now expect to live until 79 while women can hope to enjoy their 83rd birthday.

Yorkshire Evening Post, September 2, 2015

Rise Seen in Preventive Mastectomy for Male Breast Cancer Patients

A new report, published Wednesday in JAMA by researchers at the American Cancer Society and the Dana Farber Cancer Institute, finds the number of male breast cancer patients who undergo prophylactic mastectomy is steadily on the rise. The study found the rate of male breast cancer patients who choose to have CPM nearly doubled, from 3 percent to 5.6 percent, between 2004 and 2011. This is equal to a relative increase of 86.7 percent. By comparison, the rate of CPM among female breast cancer patients increased from 4.5 percent to 11 percent between 2003 and 2011.

Newsweek, September 2, 2015

Nearly 70% of US Prostate Cancers Could Be Watched

More than two-thirds (68%) of all prostate cancers in the United States qualify for active surveillance, according to a study published in the September issue of the Journal of Urology. And if a more stringent definition of surveillance eligibility is used, 44% of cases would be candidates for monitoring instead of immediate treatment, say senior author Ian M. Thompson III, MD, from the University of Texas Health Science Center at San Antonio, and colleagues.

Medscape, September 2, 2015

Want To Avoid Erectile Dysfunction? Try Getting Regular Exercise

A number of studies have suggested that physically active men have lower rates of erectile dysfunction than couch potatoes, but all of them relied on people being honest about the amount they exercised. A new study published by the Journal of Sexual Medicine checked those results by measuring how much their subjects actually moved.

Gizmodo, September 2, 2015

Highest Prostate Cancer Death Rate Linked to Smallest Tumors

In men who have prostate cancer (PCa) with lymph node (LN) involvement, very small tumor size is associated with a higher risk of cancer-specific death compared with men who have some larger tumors, new findings suggest.

Renal & Urology News, September 2, 2015

Men who buy sex have much in common with sexually coercive men

Findings support decades of research by UCLA professor who co-authored study

Men who buy sex have less empathy for women in prostitution than men who don't buy sex, according to a study published online Aug. 31 in the Journal of Interpersonal Violence. The research, co-authored by UCLA professor Neil Malamuth, also found that

men who buy sex are more likely to report having committed rape and other aggressive sexual acts.

Eureka Alert, AAAS, August 31, 2015

19 Men Go Shirtless And Share Their Body Image Struggles

According to mental health experts, men may have a harder time accessing communication tools to express their insecurities and work through them. While there's recently been more cultural celebration of a diverse range of body types for men and women, for men to communicate openly about body concerns still carries a stigma. In an effort to demonstrate that men of all ages and sizes struggle with body image, HuffPost Women photographed 19 men, from those in their 20s to their 60s, without their shirts and spoke candidly with them about their body hang-ups.

Huffington Post, August 14, 2015

The cancer vaccine: Why so many PA kids are not immunized against HPV

The HPV vaccine has been heralded as the best preventative tool against some cancers, but its implementation has been an uphill battle. Reasons include its connection to sex and that it's not required by the state.

In Pennsylvania, while coverage rates for most other adolescent vaccines are above 90 percent, just 48 percent of girls have completed the three-shot HPV series, and only 26 percent of boys, according to the U.S. Centers for Disease Control and Prevention (CDC). To Dr. Jonathan Pletcher, clinical director of adolescent and young adult medicine at Children's Hospital of Pittsburgh of UPMC, those figures are baffling.

Public Source, September 13, 2015

Teenage Boys May Be More Vulnerable To Fast Food Ads

A survey, released by the Cancer Council and the National Heart Foundation, found that almost one-third of boys are likely to buy fast food if it is linked with movies or sports personalities they like, compared to just 19 percent of girls. It also revealed that 40 percent of boys will patronize a fast food outlet if they are offering a special product or giveaway, compared to 30 percent of girls,

This may also explain why teenage boys consume more fast food, salty snacks and sugary drinks than girls and were also more likely to be obese or overweight, Cancer Council's Kathy Chapman told the Australian Associated Press.

University Herald, September 12, 2015

Rutgers Researchers Seek Physician's Help to Increase HPV Vaccinations in Newark

Rutgers researchers are seeking the help of pediatric physicians to develop a plan to improve the frighteningly low rate of Newark-area adolescents getting vaccinated against the sexually transmitted human papillomavirus, a known risk factor for several cancers. "Adolescent patients treated by pediatricians consistently have higher HPV vaccination initiation rates than adolescents treated by other specialists," said Rula Btoush, associate professor at the School of Nursing, who leads a collaborative team that includes researchers from the School of Public Health. The researchers found that older adolescents who visit gynecologists and other non-pediatric physicians have the lowest vaccination rates of all adolescents, approximately 5 percent, while older adolescents who visited pediatricians had a vaccination rate of 40 percent. Their findings were recently published in the American Journal of Public Health and the Journal of Community Health.

Rutgers Today, September 12, 2015

Young male cyclists are the most likely to die after being involved in a traffic accident

A study by researchers at the University of Granada has demonstrated that mortality among cyclists varies widely depending on the age and sex of the population. Male cyclists, above all those aged between 15 and 24 years, are more likely to die than adults (25-34 years), which could be explained by their greater exposure and risk of having an accident.

Eureka Alert, September 11, 2015

I Don't Want My Sons to Develop Body Image Issues

I assumed only little girls struggled with their body image, but I realized boys can too.

When I caught one of my sons standing in a mirror checking out his belly, I became concerned for his own future health too. I hoped he was just being funny and looking at himself with normal childlike curiosity, but when he said something negative about his body, I freaked out. Where had he heard that? Why would he ever think that? Then I realized he thought that because he'd heard his dad and me having those exact conversations. Body image issues and eating disorders in boys aren't discussed as much as those that affect girls, but boys are also at risk. Boys are often bullied for being too

scrawny or too fat. The pressure on guys to be ripped and have a six-pack is intense, and for many young men, it's a biological near-impossibility.

Cosmopolitan, September 10, 2015

[You'll never guess what's killing America's teens](#)

Prescription painkillers are hooking our kids on heroin, with dire consequences. Who's to blame?

There was a time not too long ago when heroin addicts weren't high school students-or suburban moms or middle-aged business executives, for that matter. Those days are over. In July a report issued by the Centers for Disease Control and Prevention (CDC) cited a major rise in heroin deaths and overdoses in the U.S. over the past decade. More disturbingly, the increases were seen across the board among men and women in most age groups, including teens, and all income levels. What used to be almost exclusively an inner-city problem is now plaguing small towns and suburbs.

CNBC, September 10, 2015

[The Stranger On The Bridge's Jonny Benjamin urges young men to open up as suicides soar](#)

It is the single biggest killer of British men under the age of 50. In 2013 there were 6,233 suicides in the UK. Of those, nearly 5,000 were male. The male suicide rate is at its highest since 2001. These startling figures show the need for a greater awareness of male mental health issues, according to mental health campaigner Jonny Benjamin. Few people are in a better place to understand the issue. In the middle of January 2008 Jonny found himself on London's Waterloo Bridge, contemplating throwing himself into the freezing River Thames below. Despite hearing voices since he was 10, he had only just been diagnosed with schizophrenia and bipolar, and found himself unable to cope with the diagnosis and desperate to end his suffering.

The Mirror, September 9, 2015

[Chronic oral squamous cell papillomas, cutaneous warts resolved after HPV vaccination](#)

A recently published case study and literature review found that cases of recurrent oral papillomas and recalcitrant warts showed clinical improvement after the first dose of quadrivalent HPV vaccine, with complete resolution at 6 to 8 months. Researchers studied a healthy immunocompetent man in his 60s who presented with chronic verrucous papules of the lips, tongue and buccal mucosa refractory to multiple excisions. A biopsy performed on a lesion on the left buccal mucosa resulted in a diagnosis of squamous cell papilloma with HPV-32, which was revealed through DNA sequencing. All lesions cleared after 3 months of receiving the quadrivalent HPV vaccine. Marked improvement of papillomas was observed within 4 weeks after receiving the first vaccine

dose. The second and third doses were administered at 2 and 6 months, respectively. Complete resolution of all mucocutaneous papillomas was reported at 6 months follow-up. No recurrence of lesions was reported at 18 months.
JAMA Dermatology, September 10, 2015

[Low heart rate in teen boys linked to violent crime in adulthood](#)

Boys with a low resting heart rate during their teen years may be at increased risk for committing violent crimes as adults, a Swedish study suggests. A low resting heart rate doesn't necessarily signal a problem. According to the American Heart Association, lower heart rates are common in people who are very athletic, because their heart muscle is in better condition and doesn't need to work as hard to maintain a steady beat. But previous research has also linked a low resting heart rate to antisocial behavior in children and adolescents, the study authors note in *JAMA Psychiatry*. A slow heart rate may increase risk-taking, either because the teens seek stimulating experiences or fail to detect danger as much as their peers with normal heart rates, researchers say.

Reuters, September 9, 2015

[With \\$4 Million Federal Grant, NYU Researchers Focus on Father/Son Communication to Reduce Teen Pregnancies and Sexually Transmitted Diseases in Disadvantaged Communities](#)

Their approach is unique in focusing specifically on enhancing father-son communication about sexual health. The further development and formal evaluation of the intervention will be conducted in the Bronx, a county with marked adolescent sexual and reproductive health disparities and among the most economically disadvantaged counties in the United States.

New York University, September 9, 2015

[Circumcision advice updated by Canadian Paediatric Society](#)

No strong medical evidence either way

Some parents with no cultural or religious reasons to have their newborn son's foreskin removed will often question if the procedure is necessary or even advisable. That's why the Canadian Paediatric Society (CPS) has updated its position statement on circumcision, to clarify the risks and benefits of both lopping off the foreskin or leaving it intact. In its new policy statement released Tuesday, the CPS says it does "not recommend the routine circumcision of every newborn male."

CBC News, September 8, 2015

[Autism Symptoms More Pronounced Among Boys Than Girls](#)

Autism symptoms among girls and boys diagnosed with the developmental disorder tend to differ significantly, a study has revealed. Based on the study data, researchers have concluded that therapy for autism could be personalized depending on gender. Treatment directed at girls could focus on improving behavioral skills that enhance communication and social interaction, while autistic boys could benefit from motor and sensory-based activities, with a view to reduce their repetitive routines.

Capital Wired, September 8, 2015

[Parents \(continue to\) protest R.I. mandating HPV vaccine for teens](#)

Seventh-graders in Rhode Island started school this year under a new mandate rarely seen in the country: Girls and boys must be vaccinated against HPV - the human papillomavirus - a sexually transmitted disease that can cause cancer. The move sparked protests from parents. Despite the uproar, public health officials in Massachusetts are watching Rhode Island's move. If it succeeds, Massachusetts may want to take the same route to boost the use of the vaccine.

Boston Globe, September 8, 2015

[Breast reduction surgery for teenage boys in the US on the rise](#)

The percentage of young men who have had breast reduction surgery in the US has surged over the past year, new figures have shown. Rising faster than any other procedure sought by teenagers, some 6,694 boys and men aged between 13 and 19 underwent the surgery in 2014. Such procedures can cost between \$5,000 to \$15,000, depending on the area of the country.

Independent, September 6, 2015

Editor's Note: Up to 64% of teen males experience gynecomastia as a part of puberty; for 90% of those the condition will resolve itself naturally. See story below.

[Last Week Tonight with John Oliver: Sex Education \(HBO\)](#)

Sex education varies widely between school districts, leaving many teens without comprehensive information. We made a video that covers what some schools are too embarrassed to teach.



HBO, August 9, 2015

Smokeless Tobacco Use among High School Athletes on the Rise

Current use of any tobacco (combustible or smokeless tobacco) significantly declined from 33.9% in 2001 to 22.4% in 2013; however, current smokeless tobacco use significantly increased from 10.0% to 11.1% among athletes, and did not change (5.9%) among nonathletes.

MMWR, September 4, 2015

Physiological Gynecomastia Common in Pubertal Boys

"The point of our research is to try to explain an extremely common phenomenon that is lacking a full physiological explanation. I believe we have come a lot closer to giving these boys an answer to why some of them develop breast tissue and others do not. Hopefully this will help the boys not to worry that much or feel less anxious going through puberty," Dr Mieritz told Medscape Medical News.

Medscape, August 24, 2015

Polio Virus Therapy Tested in Prostate Cancer Patients

Duke University researchers are using a modified polio virus in an experimental treatment they hope to boost the survival of patients with incurable metastatic prostate cancer. The Duke researchers gained notoriety last spring when 60 Minutes featured the success of early clinical trials using the polio virus in the fight against a deadly form of brain cancer. *Newsmax, September 1, 2015*

Use Of Aspirin And Other NSAIDs May Not Reduce Risk Of ED.

Research suggests that "use of aspirin and other non-steroidal anti-inflammatory drugs (NSAIDs) does not reduce the risk of erectile dysfunction (ED)." The findings were published online in BJU International.

Renal and Urology News, September 1, 2015

Men With Prostate Cancer May Have Higher Risk Of Suicide, Accidental Death Within First Year Of Diagnosis Compared With Their Counterparts Diagnosed With Other Solid Malignancies.

Research suggests that "men who have prostate cancer (PCa) are at increased risk of suicide and accidental death within the first year of diagnosis compared with their counterparts diagnosed with other solid malignancies." The study also found that "the risk...is increased when definitive treatment was recommended but not received." The findings were published online in BJU International.

Renal and Urology News, August 28, 2015

The male Pill is coming and British men don't care

New forms of male contraception are estimated to hit the market in a few years. But a new survey has found that just one in 10 men would be happy to take the Pill and see it as a 'woman's responsibility'.

Telegraph, August 26, 2015

Men who feel insecure about their masculinity likelier to resort to violence

According to a new research men who do not consider themselves masculine and have a perception of others feeling the same about them are likelier to commit violent assaults with weapons and to cause injury.

Financial Express, August 25, 2015

Why Postpartum Depression In Dads Goes Unrecognized -- And Ignored

"I think maybe it's still hard for people to understand that men can get postpartum depression because they don't understand the underlying risk factors," said Katherine

Stone, founder of Postpartum Progress, a blog and non-profit . "It may be hard to understand from the standpoint of, 'Well, if you didn't have the baby, how can you have it?'"

Huffington Post, August 24, 2015

[Depression common among men with autism, study finds](#)

Most men with autism have psychiatric disorders such as depression, finds a study of 50 men diagnosed with the disorder roughly 20 years ago. The findings highlight the range of challenges for adults with autism, many of whom lack the help they need.

Simons Foundation, August 24, 2015

[80% of men feel pressured to improve physique - study](#)

British men feel under increasing pressure to attain the perfect body, a new survey has found, with over 80 percent feeling more stressed about maintaining their bodies than they did five years ago. The research, compiled for Alpha Man magazine, found that men are under growing pressure to sculpt an impressive physique. Some 82 percent "feel more stressed about not having an impressive physique than they did five years ago, "while 69 percent said they would give up alcohol forever in return for the perfect body.

RT.com, August 20, 2015



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[Men's Health - Changing male attitudes to health to improve prognosis and outcomes](#)

The report provides an overview of issues and trends in Men's Health, including an analysis of the current market landscape and key issues driving overall treatment

decisions. In addition, the report offers a view of how Men's Health is likely to evolve in the future including treatment practices and new approaches coming through the pipeline.

PR Newswire, August 20, 2015

[UW researchers testing prostate cancer vaccine](#)

Scientists at the UW Carbone Cancer Center are in human trial phase for a vaccine to treat aggressive forms of prostate cancer. The first patient in the trial received the medicine this week. Each year about 240,000 men are diagnosed with prostate cancer in the US, and the disease re-occurs in about one-third of them. Scientists say this vaccine, combined with another drug, will help the body target prostate cancer cells.

WKOW, August 19, 2015

[Study Debunks Notion That Condoms Always Hamper Erections](#)

Advocates for safe sex often run up against the notion that men's ability to maintain an erection will be compromised when condoms enter the scene. But a new study of nearly 500 young American men found that while some did complain of loss of erection, many of these men also experienced erectile difficulties generally -- whether condoms were used or not.

Health Day, August 18, 2015

[Childhood adversity increases risk for depression, anxiety symptoms in young men](#)

Males who experienced adversity early in life had higher levels of depression and anxiety symptoms and altered brain structure as young men, according to study findings in JAMA Pediatrics. "Adversity early in life is associated with both altered brain structure and increased risk of developing internalizing symptoms (ie, depression, anxiety). Previous studies have shown that childhood adversity, including stressful life events, maltreatment, abuse and domestic violence, are associated with structural variation in gray matter in the brain. The effect of early adversity on the brain has long been suggested to relate to neurobiological sequelae associated with excessive stress," Sarah K. G. Jensen, MSc, of King's College, London, and colleagues wrote.

Helio, August 18, 2015

[Why Black Gay Men Need to Talk About PrEP](#)

Today's gay black men, according to one estimate, have a 60% chance of contracting HIV by the time they reach the age of 40. Overall, the rate of United States HIV infections has decreased by two thirds, but this group remains disproportionately affected. As of 2010, they account for the highest number of new HIV infections among all gay and bisexual men. Unless black gay men push for advance awareness about HIV prevention and

treatment, revision of public policy on funding, and better access to reliable health care, they will continue to exceed statistics-and not in a positive way.

Fusion, August 18, 2015

[Study: More men involved in fatal bike-related accidents](#)

But the study says between 1975 through 2012, the rate of bike-related deaths among cyclists aged 35 to 54 nearly tripled. Men made up more than 80 percent of those deaths, while death rates for children during this time decreased.

NBC, August 14, 2015

[Depression a risk for men with low testosterone; screening important](#)

A solid 56 percent of testosterone-deficient participants in the study, from the division of endocrinology at George Washington University in Washington, D.C., had significant symptoms or a diagnosis of depression and/or were taking an antidepressant. The study involved men with testosterone levels of between 200 and 350 nanograms per deciliter. A level below 300 ng/dL is considered low. The study's authors urge doctors to include screenings for depression in their care of men with borderline and low testosterone.

Penn Live, August 13, 2015

[Heart Failure Risk in Men Lowers With Exercise, Study Finds](#)

Moderation seems to be the key to reducing men's risk of heart failure in the future, according to a study published on Aug. 12 in the Journal of the [American College of Cardiology: Heart Failure](#). Rahman, from the Karolinska Institute in Stockholm, Sweden and one of the researchers in the study said: "We found both high and low extreme levels of total physical activity to be associated with an increased risk of heart failure."

Latinos Health, August 13, 2015

[Men Who Eat More Bacon May Be Less Fertile, New Study Says](#)

Researchers gathered data from 141 couples over the course of seven years, studying both male diet and the couples' rates of conception. The study found that the men who ate processed meats regularly were 34 percent less likely to conceive a child. Furthermore, the men who ate the most chicken in the study were shown to have a 20 percent higher fertility rate than poultry-phobes.

The Daily Meal, August 11, 2015

[Prostate Cancer on the Web-Expedient Tool for Patients' Decision-Making?](#)

Many patients diagnosed with cancer search for health information on the Web. We aimed to assess the quality and reliability of online health information on prostate cancer.

Uro Today, August 12, 2015

Cannabis use may influence cortical maturation in adolescent males

Male teens who experiment with cannabis before age 16, and have a high genetic risk for schizophrenia, show a different brain development trajectory than low risk peers who use cannabis. The discovery, made from a combined analysis of over 1,500 youth, contributes to a growing body of evidence implicating cannabis use in adolescence and schizophrenia later in life.

Medical Express, August 26, 2015

Few gay teenage boys get tested for HIV

Teens fear being recognized and don't know where to get tested

Young men who have sex with men have the highest risk for HIV infection, but only one in five has ever been tested for HIV, a much lower rate than testing for non-adolescents, reports a new national Northwestern Medicine study conducted in partnership with the Center for Innovative Public Health Research. The greatest barriers to these teenage males getting tested are not knowing where to go to get an HIV test, worries about being recognized at a testing site and -- to a lesser degree -- thinking they are invincible and won't get infected.

AAAS, August 26, 2015

Medscape Vaccine Acceptance Report: Where Do We Stand?

Medscape, August 26, 2015

The surprising role sex plays in adolescent friendships

A new study suggests these double standards start early, and they affect the friendships we make. According to the research, adolescent girls lose friends when they first have sex, but when boys go all the way, they become more popular.

Today, August 25, 2015

[Developing a new tool to detect a frequently missed sex chromosome disorder in boys](#)

Klinefelter syndrome is the most common disorder of the male sex chromosomes, yet is rarely diagnosed in children. A new assessment tool is being developed by researchers at Columbia University Medical Center (CUMC) to help pediatricians detect the physical traits of the syndrome. The tool could pave the way for early interventions that prevent and treat a range of physical, psychological, social, and cognitive impairments. The study was published in *The Journal of Pediatrics* .

AAAS, August 25, 2015

[Physiological Gynecomastia Common in Pubertal Boys](#)

"The point of our research is to try to explain an extremely common phenomenon that is lacking a full physiological explanation. I believe we have come a lot closer to giving these boys an answer to why some of them develop breast tissue and others do not. Hopefully this will help the boys not to worry that much or feel less anxious going through puberty," Dr Mieritz told *Medscape Medical News*.

Medscape, August 24, 2015

[The rise of the 'solosexual': How millennials are rewriting the rules of sexuality](#)

According to a recent survey from YouGov, 50 percent of British millennials don't label themselves as completely heterosexual. Forty-three percent of 18-to-24-year-olds identify somewhere in the middle of the Kinsey scale-which lists sexual orientation on a spectrum of one to six. "With each generation, people see their sexuality as less fixed in stone," YouGov reports. It's not just that young people are eschewing labels but evolving notions of sexuality offer an increasing array of options outside the traditional boxes of gay and straight. No one has to put a label on it, but for those who do, a new generation is rewriting the rules.

Salon, August 21, 2015

[The HPV Vaccine Is Supposed To Save Lives. So How Come Almost Half Of Teens Aren't Getting It?](#)

40% of girls and 60% of boys aren't vaccinated.

The HPV vaccine has been touted as a way to provide immunity for the most common sexually transmitted disease out there, one that can cause cancer or possibly death. But years after experts recommended that middle schoolers get it even before they become sexually active (preferably at age 11 or 12), there are a lot of teens out there who aren't getting it.

MTV News, August 21, 2015

Illinois Becomes Fifth Jurisdiction to Protect LGBTQ Kids from Conversion Therapy

Today, Illinois Gov. Bruce Rauner signed House Bill 217 into law, making Illinois the fifth jurisdiction—behind California, New Jersey, the District of Columbia, and Oregon—to protect LGBTQ youth from the dangers of conversion therapy. House Bill 217, which protects LGBTQ youth from mental health providers attempting to change their sexual orientation or gender identity through these practices, which are linked to substance abuse, extreme depression, and suicide, was overwhelmingly approved by the Illinois House of Representatives and General Assembly. The law will go into effect January 1, 2016.

Human Rights Campaign, August 20, 2015

Politicians Need A Vaccine That Prevents 'Foot-In-Mouth Disease'

Fiorina's muddle is reminiscent of similar recent statements by others aspiring to the nomination, including New Jersey Gov. Chris Christie and Sen. Rand Paul (R-Ky), who came out in favor of letting parents decide whether their kids should receive vaccines to prevent life-threatening infections. All three later issued "clarifying" statements. The mystery is why politicians don't learn from their predecessors' mistakes.

Forbes, August 20, 2015

HPV vaccination rates worst in white adolescents

White, non-Hispanic adolescents had, on average, the lowest rate of human papillomavirus vaccination among measured ethnicities in 2014, according to a report from the Centers for Disease Control and Prevention. Just over 36% of white adolescent males aged 13-17 years had received at least one HPV vaccine dose; 6% less than black, non-Hispanic males. Asian non-Hispanics had the lowest rate of vaccination among female adolescents at 55%, though the vaccination rate for white female adolescents was only slightly higher at 56%.

Family Practice News, August 20, 2015

ADD AGES AND SEXES TO LOCATE HEALTH RISKS

"Most previous studies of risk, such as toxin exposure or social maltreatment, have thrown males and females or young and old people together in ways that fail to recognize age-, sex- and trait-specific vulnerabilities," says David Geary. "If we don't measure the right trait or measure it at the wrong time or in the wrong sex, we'll miss many negative consequences of risk exposure."

Futurity, August 19, 2015

CHANGES IN BRAIN STRUCTURE AMONG BOYS LINKED TO POTENTIAL DEPRESSION

Researchers discovered changes in brain structure among adolescent boys who experienced traumatic events in early childhood. These adverse experiences may include family instability, the loss of a loved one, domestic violence and parental abuse. The study points out changes in brain structure are linked to potential depression and anxiety later in boys' lives. This particular area of the brain is involved in regulating blood pressure and heart rate. Moreover, it affects decision-making, empathy, emotion and impulse control.

Mid Day Daily, August 19, 2015

Health officials say they won't change HPV vaccine mandate opposed by parents, some lawmakers

Rhode Island state health officials say there are no plans to change a new requirement that middle school students in Rhode Island get the HPV vaccine even though some parents, and now some lawmakers, have expressed concerns.

Star Tribune, August 18, 2015

Clinicians See Increase in Vaccine Acceptance, Medscape Survey Says

New survey data from Medscape suggest fewer parents may be refusing to vaccinate their children, especially in western states, which have had some of the highest refusal rates in America. Forty-two percent of clinicians said they believed more parents are accepting vaccines, and 38% said parents are more accepting of measles vaccination in particular, according to the Medscape Vaccine Acceptance Report, an online survey of 1577 pediatricians, family physicians, public health physicians, nurse practitioners, and physician assistants that was conducted last month.

Medscape, August 17, 2015

First U.S. Study of Transgender Youth Funded by NIH *Four Sites With Dedicated Transgender Youth Clinics to Examine Long-Term Treatment Effects*

The National Institutes of Health has awarded \$5.7 million for a five-year, multicenter study, which will be the first in the U.S. to evaluate the long-term outcomes of medical treatment for transgender youth. This study will provide essential, evidence-based information on the physiological and psychosocial impact, as well as safety, of hormone blockers and cross-sex hormones use in this population.

UCSF News Center, August 17, 2015

[GOP Presidential Candidate Takes Aim at California's Vaccination](#)

Criticizing the state's new mandatory vaccination law, Carly Fiorina is quoted, saying, "California is wrong on most everything, honestly."

Fiorina cited the need to protect religious liberty adding, "When in doubt, it's always the parent's choice," according to the Washington Post.

San Clemente Patch, August 14, 2015

[Carly Fiorina Is Against Vaccine Mandates But She's For Them But Also Against Them](#)

Nobody is going around vaccinating children at gunpoint. So that would actually mean that Fiorina is for strengthening vaccine laws, but is cleverly making it seem as if she is against doing so. But then Fiorina apparently went a step further, saying that while some vaccines, like those for measles or mumps, should be mandated, those for other diseases should not. She seems to be speaking specifically about vaccines from the human papilloma virus, or HPV. Those vaccines are Merck 's Gardasil and GlaxoSmithKline 's Cervarix.

Forbes, August 14, 2015

[Alabama boys dramatically fall behind national average for receiving HPV vaccine](#)

"There's a tendency for parents to deny that they`re kids are ever going to be put at risk or do things they would not approve of," explained Robey. "You see this with birth control, because their child 'won't get pregnant', the same thing happens with HPV because they think 'my child will never need that'."

WHNT, August 13, 2015

[How Workout Supplements Might Mask Male Eating and Body Image Disorders](#)

"These products have become an almost ubiquitous fixture in the pantries of young men across the country and can seemingly be purchased anywhere and everywhere - from grocery stores to college book stores," researcher Richard Achiro is quoted as saying in a statement . "The marketing efforts, which are tailored to addressing underlying insecurities associated with masculinity, position these products perfectly as a 'solution' by which to fill a void felt by so many men in our culture."

Care 2, August 11, 2015

[Kids, teens win when mental health providers team with pediatricians, family doctors](#)

Now, a team of UCLA researchers has studied a wide range of published research on the approach and found that children and adolescents who receive integrated mental health and medical treatment are 66 percent more likely to have a good outcome than those who receive more traditional primary care.

Medical Express, August 10, 2015

[What It's Like To Live With Anorexia Nervosa As A Male](#)

When a diagnosis does occur, it often takes place much later for males than females. ANAD reported "a study of 135 males hospitalized with an eating disorder," in which males with bulimia shared a sense of shame over the eating disorder. The study's authors concluded that shame "might explain their delay in seeking treatment."

Another study found, "Anorexic males entered treatment an average of 2.1 years after onset, which is a shorter treatment delay than has been reported for women." Separating healthy weight loss in adolescent men participating in sports from true anorexia can also be difficult, as early symptoms may often appear similar.

Elite Daily, August 10, 2015

[Partnership, Partners Release New Clinical Tools for Adolescent Male Health Visits](#)

The Partnership for Male Youth has announced the release of a set of tools that health care providers can use to guide their visits by adolescent males ages 14-18. The tools were developed by a collaboration of the Partnership, [American Sexual Health Association](#), [Healthy Teen Network](#) and the [School Based Health Alliance](#). They are available online for download [here](#).

[Editorial: New Jersey not responding to urgency for HPV awareness](#)

Contrary to misconceptions, vaccinating your preteen against the HPV virus will not drive her or him toward a Kardashian level of promiscuity. Study after study shows that getting protection against the humanpapilloma virus does not lead to altered perceptions or riskier behavior. So the news last week from the Centers for Disease Control and Prevention that New Jersey has the fourth-lowest HPV vaccination rate in the nation for girls is not only galling, it is an invitation for avoidable tragedy.

New Jersey Star Ledger, August 8, 2015

[Suicide on Campus](#)

Responses to an Education Life article about pressure on students and the rising rate of suicide on college campuses.

To the Editor: Re "Fear of Failing" (Education Life section, Aug. 2):

The vast majority of students who commit suicide are male. And yet every single one of your "case studies" was female. Not once did you indicate that males are more prone to succeed in committing suicide than females or that 80 percent of all suicides between the ages of 14 and 28 are males. Why the focus on women to the exclusion of men in such an article?

New York Times, August 8, 2015

[qHPV vaccine reduces risk, costs among older HIV-positive MSM treated for HGAIN](#)

Quadrivalent HPV vaccination in older HIV-positive men who have sex with men after treatment for high-grade anal intraepithelial neoplasia could reduce treatment costs and the lifetime risk of anal cancer, according to recent data.

Helio, August 7, 2015

[Philly leads nation on HPV vaccination](#)

Last year, Philadelphia used federal grant money to train 500 doctors, nurses and other health care providers across the city. They learned new ways to talk about the vaccine with families and to focus on the fact that it is a cancer prevention vaccine.

Newsworks, August 7, 2015

[HPV Vaccines: Who, What, and When?](#)

Hello, I'm Dr Sandra Fryhofer. Welcome to Medicine Matters. The topic: HPV vaccination, the transition to HPV9, and gender differences in additional cancer protection.

Medscape, August 7, 2015

[Why Straight Men Have Sex With Each Other](#)

In *Not Gay: Sex Between Straight White Men*, out last month from NYU Press, Jane Ward, an associate professor of women's studies at the University of California, Riverside, makes the case that this is a flawed understanding. In doing so, she shows that homosexual contact has been a regular feature of heterosexual life ever since the concepts of homo- and heterosexuality were first created - not just in prisons and frat houses and the military, but in biker gangs and even conservative suburban neighborhoods.

New York Magazine, August 5, 2015

[States Vary Enormously On HPV Vaccination Rates](#)

Only 40 percent of girls and 22 percent of boys ages 13-17 had finished their course of three shots for HPV by 2014. For comparison, 88 percent of boys and girls in the same age group received their Tdap (tetanus, diphtheria and pertussis) shot. 1 The United States has set a goal of vaccinating 80 percent of girls against HPV as one of its Healthy People 2020 objectives, and, according to Shannon Stokley, an epidemiologist in the Immunization Services Division of the CDC, "We have a long way to go to get to 80 percent; it's hard to tell if we're going to reach it by 2020." However, Stokley told me she believes the success of the Tdap vaccine shows that these rates are achievable, if states and doctors keep educating parents about how vaccinations can protect their children from cancer. Although many people who get HPV do not develop cancer, the virus is the cause of almost all cervical cancers and 91 percent of anal cancers.

fivethirtyeight, August 5, 2015

[Majority of Indiana teens not getting HPV vaccinations](#)

New data from the Centers for Disease Control and Prevention show the HPV vaccination rates for boys and girls ages 13 to 17 in Indiana remain below the national averages, but a medical expert attributes the state's lag to increasing rates across the U.S. More than 44 percent of the state's teenage girls have received the full dose of the HPV vaccine, compared to 60 percent nationwide. Indiana is among the top 10 least-vaccinated states for teenage boys, with nearly 13 percent of them fully vaccinated, compared to 40 percent nationwide.

Sun Herald, August 4, 2015

[Chronic Marijuana Use Among Teen Males May Not Lead To Later Health Issues After All](#)

A comprehensive analysis of more than 400 men over a 20-year period casts new doubt on the idea of marijuana use, even when long-term, being associated with physical and mental health problems later on in life. The authors of the study, published in *Psychology of Addictive Behaviors*, looked at data taken from the Pittsburgh Youth Study (PYS), a longitudinal study that attempted to track the development of antisocial and delinquent behavior among a selected group of first, third, and seventh grade boys attending public school in Pittsburgh from 1987 to 1988 (For the purposes of this current study, only data on the seventh grade boys, totaling 506 kids, was used).

Medical Daily, August 4, 2015

[More teen boys getting vaccinated against cancer causing disease | Washington State Department of Health](#)

The Department of Health is launching a statewide campaign in August aimed at improving HPV vaccine rates. The campaign encourages parents of teens to get the [facts about HPV](#) and talk to their child's health care provider about the vaccine. The campaign will reach parents through digital and radio advertising, as well as through partnerships with community organizations.

BL Courier, August 3, 2015

[Kansas tied for lowest rate of teen HPV vaccination Vaccine coalition focusing on HPV, meningitis](#)

Teenagers are less likely to be vaccinated against human papillomavirus in Kansas than they are in almost any other state - a fact that needs to change to prevent future health problems, according to a group advocating for public health.

Topeka Capital Journal, August 2, 2015

[OPINION: Young men lagging women in health stats](#)

It is important to tailor a nutrition program specifically for young men to better cater to their needs and overcome participation barriers, and this is exactly what our research team at the University of Newcastle plans to do.

Newcastle Herald, August 2, 2015

[More teenagers in Chicago were vaccinated against human papillomavirus last year than ever before, according to a news release from Mayor Rahm Emanuel's office Friday.](#)

As of 2014, the release said, more than 78 percent of the city's girls and almost 65 percent of its boys have received at least the first dose of a three-round HPV vaccination. Both those numbers exceed the national average and represent about a 20-point jump from 2013, the release said.

DNA Info, August 2, 2015

[NORMAL TESTOSTERONE LEVEL COULD IMPROVE CARDIOVASCULAR HEALTH: STUDY](#)

Normal Testosterone levels among older men have been linked to better cardiovascular health in a long term study conducted on veterans. After analyzing a large group of male veterans, the research team found that men who underwent testosterone therapy had significantly lower risk of stroke, heart attack or other heart related health issues. The current study is important as previous studies have raised questions about the effectiveness of testosterone therapy. FDA has also issued guidelines to medical experts

against over-prescribing of testosterone drugs as some reports found higher risk of stroke and heart attack. The current study has presented a contradicting view.

NY City Today, August 11, 2015

Mixed Results on Value of Testosterone Supplements for Men's Health

Testosterone therapy may not be as bad for men's heart health as previously thought, but it doesn't seem to turn back time on their sex lives either, a new trial shows. "That was the surprising thing," said senior study author Dr. Shalender Bhasin, director of the Boston Claude D. Pepper Older Americans Independence Center at Brigham and Women's Hospital in Boston. "Many middle-aged and older men take testosterone because they feel it will improve their sex life, but the study showed that men who had low-normal or slightly low levels did not show any improvement."

Health Day, August 11, 2015

Men slow to realize their loss after relationships breakdown

As men have evolved to compete for the romantic attention of women, the loss of a high-quality mate may not "hurt" as much at first. But he will likely feel it deeply and for long as it "sinks in" that he must start competing all over again to replace what he has lost or that the loss is irreplaceable.

Financial Review, August 11, 2015

Robin Williams death 1st anniversary: Male suicide and mental illness is a 'silent epidemic'

Suicide is a predominantly male problem. It is the biggest killer of men aged between 20 and 49 and of the 5,981 suicides that occurred in Britain in 2012, 4,590 were men. In February, the proportion of men taking their own lives in the UK reached its highest level for more than a decade - with 19 deaths by suicide for every 100,000 men in 2013. Yet despite these figures, male suicide has been described as a "silent epidemic" because of its substantial contribution to male mortality and due to the reluctance of men to seek help for mental health problems. Women are more likely to suffer from depression but men are far less likely to talk about it.

International Business Times, August 11, 2015

Poster campaign tells suicidal men #dontflushyourlifeaway

A NEW posted campaign encouraging men who are feeling low in mood or even suicidal to seek help has been launched in Cornwall. The campaign has been developed by a team of partners, including Cornwall Council, Cornwall Partnership NHS Foundation Trust, St Austell Brewery and the Samaritans. Posters will be displayed in the pub toilets and information cards available in leaflet racks. Between 60 and 70 people in Cornwall

take their lives each year, with men - especially those of working age - being three times more likely to die by suicide.

Cornish Guardian, August 10, 2015

[Prostate cancer dog sniffer trials approved by NHS](#)

Dogs have long been considered man's best friend, but new research has revealed they may just be his best chance of diagnosing cancer too. Canines capable of sniffing out cancer have been approved for use in a trial by the NHS. Approval has been given for further trials to be carried out after an initial study found that dogs can detect prostate cancer in urine in 93 per cent of cases.

Independent, August 10, 2015

[MISCARRIAGES AFFECT MEN AS MUCH AS WOMEN](#)

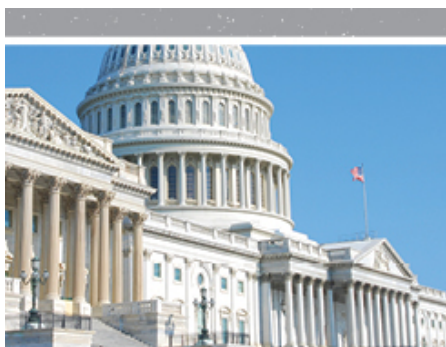
But previous studies have revealed that men are affected by miscarriages as much as women. The only difference is that they sometimes process the loss differently. It turns out that the old stereotype of men drinking their emotional trauma away applies to a lot of grieving men.

Apex Tribune, August 9, 2015

[A Master's Degree in ... Masculinity?](#)

You've heard of women's studies, right? Well, this is men's studies: the academic pursuit of what it means to be male in today's world. Dr. Kimmel is the founder and director of the Center for the Study of Men and Masculinities at Stony Brook University, part of the State University of New York system, which will soon start the first master's degree program in "masculinities studies."

New York Times, August 8, 2015



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[Exercise may help reduce the effects of prostate cancer treatment on men's sexuality](#)

With sexual dysfunction being a common concern among men with prostate cancer, it is important to understand ways in which to reduce the effects of ADT on men's physical and mental well-being. Recent research has identified physical exercise as a possible factor to reduce such effects but little is known about why this may be.

Andrology Australia, August 7, 2015

[Experts: Men's overuse of supplements classifies as eating disorder](#)

Men aiming for a lean, muscular body often opt for supplements as a one-stop shop. But overuse of and dependence on these legal products may be a sign of deeper problems, to the point where it may qualify as an emerging eating disorder, research presented Thursday at the American Psychological Association's annual convention suggests.

Fox, August 6, 2015

[Erectile dysfunction could be an indicator of heart disease and other health problems; here are the best ways to get a boost](#)

Most men would never make the connection between their penis and heart - but it exists. Men should think of their penis as a thermometer for the heart. When the arteries in one part of your body are clogged, you can expect arteries to be filling up with sticky plaque in other parts of the body as well. One of these parts is, you guessed it, the penis.

New York Daily News, August 6, 2015

[Kidney Function Decline in Men Linked to Lower Alcohol Intake](#)

Men who drink small amounts of alcohol or frequently exercise may be at increased risk of renal function decline, regardless of body weight, according to a Japanese study.

Renal and Urology News, August 6, 2015

[Want to improve your sperm quality? Try having casual sex](#)

Men produce better sperm and orgasm faster during an encounter with unfamiliar sexual partners, according to a new study that could change the way infertility is diagnosed

Scientists who carried out the study at The College of Wooster in Ohio, USA, also concluded that more promiscuous men reach orgasm faster. They hope the findings can be used to aid the treatment of infertility.

Telegraph, August 5, 2015

[**New study finds 50% of gay men who experience depression have thought about suicide**](#)

The gay men's health charity GMFA and FS magazine have released the results of a survey into the mental health of gay men. In the latest issue of FS, Gay men and the battle to be happy, their investigation found that 50% of gay men who have experienced depression have contemplated suicide.

Topix, August 5, 2015

[**Interaction between prostate cancer, comorbidities increases VTE risk**](#)

High levels of comorbidities considerably increased venous thromboembolism risk among patients with prostate cancer, according to results of a national cohort study. The clinical interaction between prostate cancer and those comorbidities accounted for nearly one-third of VTEs among that patient population, results showed. Consequently, the ability to reduce VTEs associated with comorbidities may help improve the prognosis of patients with prostate cancer, researchers wrote.

Helio, August 4, 2015

[**UK researchers reveal black men are at double risk of prostate cancer than white men**](#)

Researchers from Prostate Cancer UK, Cancer Research UK Cambridge Institute, and Addenbrooke's Hospital have revealed that black men are at double risks of developing prostate cancer than white men, while Asians have half chance of having the disease or dying from one.

Standard Daily, August 1, 2015

[**Government of Canada Invests in Men's Health to Help Prevent Chronic Disease**](#)

Partnership with the Canadian Men's Health Foundation and the Urology Foundation, with funding from Google Grants, will promote healthy habits for men.

CNW, July 31, 2015

[**Prostate cancer: Five types 'found'**](#)

Scientists have identified five types of prostate cancer, each with a distinct genetic signature.

And by comparing 250 samples removed in surgery with the patients' subsequent progress, they have identified some types that are more likely to recur. Until now, there has been no reliable way to know which patients have the more aggressive cancers requiring the most urgent and intensive therapy. But much larger trials are still needed to be certain of these early results.

BBC, July 30, 2015

Study says testosterone therapy safe to treat 'male menopause'

Hot flushes and night sweats are not the preserve of women undergoing menopause but aging men too, says a controversial study from researchers at the Centre for Men's Health in London. About 20 per cent of men over 50 have testosterone deficiency and experience hot flushes, night sweats, joint pain, low libido, depression and an increase in body fat, among other symptoms, says the study.

IBD Times, July 30, 2015

Link between anticholinergics and falls in older men

Serious falls are more than twice as likely in older men who take medicines with anticholinergic properties, according to UK researchers. Such medication is commonly prescribed for older people with bladder problems, depression, psychosis, insomnia and respiratory problems, among other things.

Nursing Times, July 30, 2015

Is the 'manopause' more widespread than we thought?

New research suggests that testosterone deficiency in older men is much more prevalent than current screening methods suggest, and that more men would benefit from hormone treatment

'Manopause' is a colloquial term. The male menopause is scientifically referred to as the andropause; 'andro' deriving from the Greek for 'man' or 'male'. And despite many years of research into the symptoms, causes and overall existence of the andropause, it is often dismissed as a made-up condition, like "man-flu".

Telegraph, July 30, 2015

Is college for men a great form of birth control?

Seventy percent of dads ages 22 to 44 who have less than a high school diploma fathered their first child before age 25, according to a new Pew Research Center analysis of National Center for Health Statistics data. By comparison, 45 percent of dads with some college experience had a child by 25, and just 14 percent of dads with a bachelor's degree had their first child by 25.

Gazette Extra, July 23, 2015

Genomic fingerprint may predict aggressive prostate cancer in African-Americans

African American men are more likely to develop prostate cancer than European American men, and are also more than twice as likely to die from it. Although there are many reasons that contribute to this health disparity, new research shows that African American men may have a distinctly different type of prostate cancer than European American men, according to new genomic fingerprinting results.

Medical Express, July 20, 2015

OPINION: Young men lagging women in health stats

Being born a male means you will have a five-year shorter life expectancy than a female. Why is this, and what's being done to change this? Sadly not much if you're a young man aged 18-25.

Newcastle Herald, August 3, 2015

Utah boys lag far behind girls in HPV vaccines

A lot more Utah boys are getting the human papillomavirus (HPV) vaccine than in the past, but their vaccination rate continues to lag far behind that of girls. Neither boys nor girls are being vaccinated at the national average, which is a shame, public health professionals and doctors say. "It's sad that physicians, in particular, are not really seeing it as a priority, so there are a lot of young people in Utah who are not being vaccinated," said David Cope, a family-practice physician in Bountiful.

Salt Lake Tribune, August 2, 2015

Many adolescents still not getting HPV vaccine

Large vaccination increases in some states offer clues to effective interventions

"The large increases in these diverse parts of the country show us it is possible to do much better at protecting our nation's youth from cancers caused by HPV infections," said Dr. Anne Schuchat, assistant surgeon general and director of CDC's National Center for Immunization and Respiratory Diseases. "We are missing crucial opportunities to protect the next generation from cancers caused by HPV."

Some of the promising strategies that have been effective in combination at increasing receipt of HPV vaccine include:

- Establishing links between cancer organizations and immunization organizations to emphasize HPV vaccination is cancer prevention;
- Health care provider education initiatives, including reminding doctors and nurses to take every opportunity to strongly recommend HPV vaccine, especially when

they recommend the two other vaccines recommended at age 11 to 12 years (the quadrivalent meningococcal conjugate and Tdap vaccines) and the annual flu vaccine;

- Practice-based quality improvement efforts by state and local health departments, such as assessment of a clinic's HPV vaccination coverage levels and providing feedback on how to improve coverage;
- Public communication campaigns; and,
- Reminder-recall interventions, such as using immunization information systems to send reminders to parents about vaccinations for which their child is due.

Health Canal, August 1, 2015

[American Academy of Pediatrics asks payers to cover HPV9 vaccine](#)

(requires subscription)

AAP News, August 1, 2015

[UK: Exclusive: Three quarters of GPs back HPV jabs for boys](#)

Three out of four GPs believe the HPV vaccination programme should be extended to boys, a GPonline survey has found. The findings come just weeks after the Joint Committee on Vaccination and Immunisation (JCVI) said that widening the HPV programme would not be considered until 2017 at the earliest.

GP Online, July 31, 2015

[Wow, Americans Really Aren't Fans Of The Life-Saving HPV Vaccine](#)

"The vaccine got off on the wrong foot with the public, but with physicians too because a fair number thought they would have to talk about sexual contact and they were reluctant to," said Dr. Carol Baker, executive director of the Center for Vaccine Awareness and Research at Texas Children's Hospital.

Huffington Post, July 30, 2015

[Physicians Blamed for Low HPV Vaccination Rates](#)

(requires sign-in)

Physicians must take responsibility for improving the rate of human papillomavirus (HPV) vaccinations among teenagers, according to Anne Schuchat, MD, assistant surgeon general and director of the National Center for Immunization and Respiratory Diseases at the Centers for Disease Control and Prevention.

Medscape,, July 30, 2015

[N.J. lags on HPV vaccine; shots called vital for pre-teens but many parents are reluctant](#)

More than half of all adolescent girls in New Jersey have not received the vaccine to prevent cervical cancer, among the lowest rates nationally, and even fewer boys are getting the shots that could prevent cancer-causing HPV infections, according to federal health data released Thursday. Despite proof that the vaccine works "extremely well" and is covered by most health insurance plans, many parents are hesitant to expose their children to it, squeamish about talking to sixth-graders about sexually transmitted diseases.

North Jersey, July 30, 2015

[Low-Income Teens Have Best Shot At Getting HPV Vaccine](#)

When it comes to getting the HPV vaccine to protect against cervical cancer, teens below the poverty line are doing better than the rest. Among teenage girls ages 13 to 17 whose total family income was less than the federal poverty level for their family size, 67.2 percent have received the first dose of the human papillomavirus vaccine, compared to 57.7 percent for those at or above the poverty line. For teen boys, it's 51.6 percent compared to 39.5 percent.

NPR, July 30, 2015

[Many Teens Are Still Not Getting The HPV Vaccine](#)

New federal data shows that despite public health efforts, the number of teen boys and girls receiving the human papillomavirus (HPV) vaccine only increased slightly in 2014. The new numbers from the U.S. Centers for Disease Control and Prevention (CDC) released on Thursday show that four out of 10 adolescent girls and six out of 10 adolescent boys have not started the HPV vaccination series. Without vaccination, young people are at a greater risk of developing HPV-related cancers down the line. Overall, 60% of girls in the age group and 42% of boys have received one or more doses of the vaccine which the CDC reports is 3% higher for girls and 8% higher for boys compared to data from 2013.

Time, July 30, 2015

[Rhode Island Mandates Student HPV Vaccine](#)

Seventh-graders in all public and private schools in Rhode Island are now required to get the HPV vaccine. The Providence Journal reports that starting this fall, seventh-graders who do not get the vaccine will not be allowed to attend school unless their parents seek an exemption for medical or religious reasons. The state Public Health Department made the vaccine mandatory.

NECN, July 29, 2014

[Parents sound off on HPV vaccine requirement](#)

Clashing opinions surrounding a new vaccine requirement for Rhode Island middle schoolers. Starting this fall, all seventh graders must be vaccinated against the Human Papillomavirus (HPV), a virus that can be passed through sex. "These children are very young," explained concerned parent Yari Auger of Providence. "Extremely young to assume anything about being sexually active." Many parents are concerned the state is taking away their rights. "It's the state coming between the patient and the medical provider and saying, 'We know better for you than you know for yourself,'" Auger said. Doctors like Robert Eden of Children's Medical Group in Providence have been recommending the vaccine for years. "We haven't seen an adverse reaction to the vaccine in the thousands of vaccines we've administered," he explained. A [Facebook page](#) against this regulation has garnered the support of nearly 600 people. Parents have also started an [online petition](#).

ABC, July 29, 2015

[Text line a breakthrough in male suicide prevention](#)

A leading mental health organisation believes a major breakthrough has been made in suicide prevention among young Irish men. The development of a text helpline for people considering taking their life by Console has resulted in a massive increase in the number of people seeking help. The charity says it recorded a 49pc increase in texts in the first six months of the year with young men, in particular, accessing crisis help through their mobile devices for the first time. "Males are four times more likely to take their own lives, but up to this point, no one has been able to reach them in numbers," Console CEO Paul Kelly said.

Independent, July 29, 2015

[Transgender Youth Don't Have Hormone Abnormalities](#)

Sex hormone levels in transgender youth are consistent with the gender they were assigned at birth, a new study finds. "We've now put to rest the residual belief that transgender experience is a result of a hormone imbalance. It's not," Dr. Johanna Olson, who practices adolescent medicine at Children's Hospital Los Angeles, said in a hospital news release.

Health Day, July 27, 2015

[Gardasil: Yup, Still Safe](#)

Through an article in Forbes I saw that a new study has been published about the safety of Gardasil, a vaccine for prevention of certain strains of human papillomavirus, or HPV.

HPV is a virus that can lead to genital warts, many types of cancer, and cervical cancer in women, which kills 4,000 women every year in the U.S. alone.

The Gardasil vaccine, on the other hand, caused some people to faint after getting it, and others got mild skin infections-both of which occur somewhat rarely with other vaccines too, as you might expect.

Which sounds worse to you?

Slate, July 27, 2015

[The Reemergence of STIs Among Gay Men: Why Does It Matter and What Can Be Done?](#)

Rates of many sexually transmitted infections (STIs) are either high or on the rise among gay men and other men who have sex with men (MSM). These infections can pose health risks and also facilitate HIV transmission. This article explores the history of STIs among MSM, current challenges to improving the diagnosis and prevention of these infections, and potential solutions.

The Body, July 27, 2015

[Shirtless Marines March in "Silkies" to Raise Suicide Awareness](#)

Each day, 22 former servicemembers commit suicide

A group of Marines is marching 22 kilometers, or about 13.5 miles, wearing nothing but short shorts-called "silbies"-and hauling 22 kilograms, or about 50 pounds, of gear to honor the 22 service members who commit suicide every day.

Time, July 26 2015

[Study says boys are born with stronger spines](#)

Compared to girls, boys are born with stronger vertebrae, the series of small bones that make up the spine, new research has found. The researchers found that vertebral cross-sectional dimensions, a key structural determinant of the vertebra's strength, were 10.6 percent smaller on average in newborn females than in males.

The Health Site, July 25, 2015

[The anti-vaccination movement is not the only cause of falling vaccination rates](#)

Research shows that in 1966, 73% of the population trusted the leaders of the medical profession; by 2012 this has fallen to 34%, and less than one-quarter (23%) of the population has confidence in the US health care system as a whole.

This lack of trust puts the US near the bottom among industrialized nations - in terms of trust in doctors, the US ranks 24 out of 29 countries surveyed.
Raw Story, July 24, 2015

[CDC: Teens waiting longer to have sex, many use morning after pill](#)

Far fewer American teenagers are having sex than teens a generation ago, according to a new report from the U.S. Centers for Disease Control and Prevention. From 2011 to 2013, only 44 percent of girls and 47 percent of boys between the ages of 15 and 19 had sexual intercourse at least once, the researchers found. That's a decline of 14 among girls and 22 for boys over the past 25 years.
CBS, July 22, 2015

[Self-Testing Helps Combat HIV in Adolescents](#)

Today only half of people living with HIV are aware of their status. This testing gap, coupled with the importance of early treatment for HIV, is driving interest in of the role of self-testing for HIV. Concerns about confidentiality and privacy are one of the key barriers to HIV testing services for adolescents (aged 10-19); however, recent studies on the use of HIV self-tests suggest that the availability of a simple and discreet way to know their status themselves may be one of the keys to dramatically increasing the number of adolescents who take a test and go on to access support and further HIV testing, prevention, treatment and care.
Infection Control Today, July 22, 2015

[Equality workshops teach boys to be empowered, not ashamed](#)

"It's important that teenage boys are taught about the pressures of inequality - but that doesn't amount to indoctrinating them in feminist ideology," writes David Brockway. The young men we speak to often find it difficult to express emotion, to show emotional vulnerability, or to admit weakness.

The Telegraph, July 22, 2015

[Getting the message out on HPV vaccinations](#)

The Jewish Healthcare Foundation has worked to increase the region's vaccination rates for human papillomavirus or HPV - one of the most common sexually transmitted diseases in the country - for the past 1½ years, but rates are still woefully low. Last Wednesday evening, those efforts hurtled into the social media age, complete with catchy Twitter hashtags, to improve the message.
Post Gazette, July 21, 2015

[What does it mean to be a man? The Healthy Men and Boys Network of Western Massachusetts seeks answers, plans course for change](#)

From a young age, says Engel, males are taught to be "islands unto themselves," without a need for social connection. Telling a boy who has just fallen off his bike not to cry and just keep going teaches him that he shouldn't need anyone's help if he's going to properly "man up," he says. This disconnection leads to poor relationships.

Gazette Net, July 20, 2015

[UK: Health workers urged to increase help for anabolic steroid users](#)

Public Health England advises councils and health practitioners to engage more effectively with young men abusing image-enhancing drugs

Government health advisers have urged local councils and organisations to increase the help available to anabolic steroid users, after warnings that the country faces an epidemic of abuse of the drug, especially among image-conscious young men.

The Guardian, July 19, 2015

[The fear of failure drives middle-aged men to depression, and it's often the economy's fault](#)

The National Confidential Enquiry into Suicide and Homicide has published its findings for the period between 2003 and 2013, and it shows a marked increase in the rates of suicide among middle-aged men. We can speculate about the causes, but rising rates of unemployment and debt during the studied period have undoubtedly contributed to this increase.

City AM, July 24, 2015

[Scientists discover why some prostate tumours are resistant to radiotherapy](#)

Scientists at the University of York believe they have identified how some tiny regulatory molecules in cells can make prostate cancers resistant to radiotherapy.

It is hoped that this new development could pave the way for more effective treatments - allowing a lower dose of radiotherapy to be used while prolonging the lives of thousands of men.

Medical Xpress, July 24, 2015

[Gender Roles Drive Men's Definition Of Masculinity: The Truth Behind Why Men Lie About Their Height](#)

Tell a man he's weak and he'll tell you he's taller than he really is - at least, that's what a new study found among college students. Researchers from the University of Washington looked out for specific male patterns to understand why they lie about their height. The findings, published in the journal *Social Psychology*, outline the psyche of men who believe they fall short of society's definition of masculinity.

Medical Daily, July 23, 2015

[UK: Men are 4 times more likely than women to be diagnosed with 'cannabis psychosis', according to study](#)

We conducted research to look at whether men and women are equally affected by cannabis use and its associated mental health problems. We found that men are four times more likely than women to be diagnosed and admitted to hospital with cannabis psychosis. These elevated rates were consistent over the eleven years of the study period, so not simply a one year blip.

The Independent, July 23, 2015

[Op-ed: Trans Men Experience Far More Violence Than Most People Assume](#)

However, what is far less discussed by the media or within the trans/LGB community is that other types of violence - the kinds of violence that affect thousands more trans people than do hate crimes resulting in murder - actually happen at least as often to transmasculine individuals as transfeminine individuals.

The Advocate, July 23, 2015

[Study Suggests 90% of Advanced Prostate Cancers May Have Anomaly that May Influence Treatment](#)

It may soon be easier to treat metastatic castration-resistant prostate cancer (mCRPC) based on genetic anomalies. A new international study suggested it may be possible to link specific aberrations to response or resistance to specific treatments in 90% of cases.

Cancer Therapy Advisor, July 23, 2015

[Simple device offers men circumcision with no surgery, anesthetic](#)

The device, described in the *New York Times* a few years ago as simpler to assemble than a McDonald's Happy Meal toy, is being promoted to 6,000 HIV/AIDS experts from 125 countries in Vancouver this week attending the International AIDS Society conference.

Vancouver Sun, July 22, 2015

[UK: Suicide rate among middle-aged mentally ill men soars 73% - report](#)

Debt, unemployment and alcohol could be the key drivers of a 73-percent rise in suicides among middle-aged men with mental health problems since 2006, startling new research reveals. The shocking statistics surfaced in an authoritative report published on Thursday

by the National Confidential Inquiry into Suicide and Homicide by People with Mental Illness (NCISH).
RT.com, July 22, 2015

Dad Bod research suggests becoming a father means gaining 3 to 5 pounds

Doctors pay attention to the weight gain of mothers - both before and after pregnancy. But the waistline of dads? That's not on most GP's radar.

Many men gain a new sense of responsibility and purpose when they become fathers. A new study suggests they also gain 3 to 5 pounds. The research wasn't designed to prove fatherhood causes weight gain and raises more questions than it answers. But one outside expert, while noting its limitations, said the research is provocative and should spark further study.

The Star, July 21, 2015

Mediterranean diet can help prostate cancer sufferers, study finds

Researchers at the university's Cancer Society Research Centre have found a "Mediterranean-style diet" may benefit men with prostate cancer - the most diagnosed cancer in New Zealand men. The study found that men with prostate cancer responded favourably to a change in diet that included more "olive oil, fruit and vegetables, legumes (pulses), whole-grains and poultry with some fish and seafood". Foods to be avoided among the small-scale pilot group of 20 men included red meat, processed meat, and dairy.

Stuff New Zealand, July 21, 2015

Study Sees No Link Between Testosterone Therapy and Blood Clots

Finding was based on data from more than 30,000 American men, 40 and older

Baillargeon and his colleagues looked at data from more than 30,000 American men, aged 40 and older. The researchers found that having a prescription for testosterone therapy was not associated with an increased risk of VTE.

Medline Plus, July 20, 2015

Fertility study finds man's age does matter

"We know men father pregnancies in their 50s, 60s and 70s which doesn't happen with women," Dr. William Schoolcraft said. "But as a man ages, the sperm can have spontaneous chromosomal mutations that can lead to issues with the children."
9 News, July 19, 2015

5 "Women's" Diseases That Men Can End Up Getting

Men may not be screened regularly, as women are, for some of the following diseases, so they can be easy to miss. Some conditions, such as thyroid problems and bladder

infections, are more common in females because of biological and hormonal differences. Now let's look at some of the major diseases and afflictions you may not have known males can contract too. Although these may be fairly uncommon in men, it's important to watch for the signs of the following conditions and seek treatment when necessary.

Cheat Sheet, July 18, 2015

Obese men have just a '1 in 210' chance of attaining a healthy body weight

Obese men have only a one in 210 chance of attaining a healthy body weight, according to new research that suggests diet and exercise strategies are not effective in combating the obesity epidemic.

Independent, July 17, 2015

A quantitative analysis of the prevalence of clinical depression and anxiety in patients with prostate cancer undergoing active surveillance - Abstract

Patients with PCa managed with AS experienced substantially higher rates of anxiety and depression than that expected in the general population. Strategies to address this are needed to improve the management of this population and their quality of life.

Uro Today, July 16, 2015

Increased radiation offers no survival benefit for patients with low-risk prostate cancer

Increased radiation dose is associated with higher survival rates in men with medium- and high-risk prostate cancer, but not men with low-risk prostate cancer, according to a new study from Penn Medicine published this week in JAMA Oncology. Already-high survival rates for men with low-risk prostate cancer were unaffected by higher radiation dosages compared to lower radiation dosages.

Medical Express, July 16, 2015

Ejaculating Decreases Prostate Cancer Risk?

At the American Urological Association 2015 Annual Meeting, researchers have studied the effects of masturbation, and a new study has shown that masturbation can actually decrease your risk of prostate cancer if you are frequently ejaculating. Dr. Rider did say that this was a study based on observational data, which means caution should be used when it comes to interpreting the results and data. A lot of other medical professionals, including Dr. Sammon, a urologist at the Henry Ford Hospital, found the results to be great, with Dr. Sammon adding this was "incredibly high quality data."

Gazette Review, July 16, 2015

Male Contraceptive Pill Could Soon Be A Reality Thanks To Crowdfunding Campaign (And About Time Too)

The scientists behind the new male contraceptive pill campaign have heralded their research as a "breakthrough" for men. The drug works by targeting and blocking a protein

that is "virtually unique to the testes". Dr Gary Flynn and his team of researchers from Stanford University believe this protein is critical to the proper production of sperm. "The game-changing potential of his early-stage drug is that it is non-hormonal in nature and specific to the protein," reads the campaign site. "In addition, the fact that this protein is only found in the testes suggests a low risk of side effects."

Huffington Post UK, July 16, 2015

[Age, coverage erase racial, ethnic differences in men's use of depression, anxiety treatment](#)

Black and Hispanic men suffering from depression or anxiety are less likely to get help than white men, but the racial and ethnic differences narrow and even reverse with age and insurance coverage, according to a CDC report on men's use of mental health treatment.

Managed Care, July 15, 2015

[Substance Abuse Affects Men's And Women's Brains Differently, May Fuel Gender-Specific Rehab Programs](#)

Researchers "specifically wanted to determine" how stimulant drug abuse - a dependency on cocaine, amphetamines, and/or methamphetamine for nearly 16 years - affected men's and women's brains. With MRI scans, researchers could observe any structural brain differences and compare them to healthy men and women. Both groups of men and women were similar in age and gender.

Medical Daily, July 14, 2015

[Exercise may reverse age-related bone loss in middle-aged men](#)

Now, University of Missouri researchers have found that certain types of weight-lifting and jumping exercises, when completed for at least six months, improve bone density in active, healthy, middle-aged men with low bone mass. These exercises may help prevent osteoporosis by facilitating bone growth, according to the study published in Bone.

Medical Press, July 14, 2015

[Study sheds light on why men don't live as long as women](#)

Researchers found that significant differences in life expectancies between the sexes first emerged as recently as the turn of the 20th century. As medical advances and positive health behaviors were adopted during the 1800s and early 1900s, death rates fell, but women were reaping longevity benefits at a much faster rate. The study examined the life spans of people born between 1800 and 1935 in 13 developed nations. A review of global data points to heart disease as the culprit behind most of the excess deaths documented in adult men, said researchers.

Med City News, July 12, 2015

[International Society for Sexual Medicine offers guidelines for treating testosterone deficiency](#)

The International Society for Sexual Medicine has developed comprehensive guidelines to assist clinicians in better management and recognition of testosterone deficiency in men, according to research in *The Journal of Sexual Medicine*. The International Society for Sexual Medicine (ISSM) convened a panel of 18 experts and developed the "Process of Care" to provide evidence-based recommendations for clinicians without expertise in endocrinology, the authors wrote, including physicians in family medicine and general urology practice. The guidelines outline who should be tested for testosterone deficiency, what drug interventions or lifestyle modifications are appropriate, and how the current controversy surrounding testosterone replacement therapy, prostate cancer and cardiovascular disease should be weighed.

Helio, July 12, 2015

[Testosterone Treatments Won't Help Men With Ejaculatory Issues](#)

Testosterone supplements won't help men with low testosterone ease any problems they have with ejaculatory function, a new study suggests.

Health Day, July 10, 2015

[More accurate prostate cancer diagnoses offered by sensor chip](#)

Prostate cancer is one of the most deadly cancers for men, but current diagnosis methods using antibodies are not completely reliable. A new sensor chip could be the solution to the problem, however, making prostate cancer diagnosis more efficient and reliable according to the results of a recent study. The study was conducted by researchers from the University of Birmingham in the UK and is published in *Chemical Science*. Its findings demonstrate that the new technology could reduce the number of false readings that occur with traditional diagnosis methods.

Medical News Today, July 9, 2015

[Testosterone Replacement Therapy and Prostate Cancer Risk](#)

A review of research on the use of testosterone replacement therapy in men with a history of prostate cancer and in men with elevated prostate cancer risk found no evidence of statistically significant associations between such treatment and cancer progression.

HCP Live, July 8, 2015

[Women live longer than men because of lifestyle, not biology](#)

Women live longer than men because they are less prone to heart disease and smoking-related illnesses due to modern lifestyles, rather than any biological difference, a new study has found. Researchers found that heart disease was responsible for as much as 40% of the ratio increase in male to female mortality, while smoking contributed about 30% of the increase.

Newsweek, July 7, 2015

Hidden Pain: What You Need to Know About Men and Depression

Depression has been seen as a health issue only faced by women, but the illness does not discriminate. Women, men, and even children can become crushed under the crippling weight of depression.

Dr. Margaret Rutherford

, a clinical psychologist who recently completed a study on men and depression, says more women than men typically seek therapy, which explains the myth of depression as a "woman's disease."

Cheat Sheet, July 6, 2015

Boys more likely than girls to receive anti-psychotic drugs

Antipsychotic drugs have become popular options for treatment of children and young people -- a new study shows that nearly 3 percent of children and adolescents, notably many more boys than girls, receive a prescription for them.

UPI, July 6, 2015

CPhA Calls for HPV Strategy for Young Men to Save Lives

The Canadian Pharmacists Association (CPhA) urges the federal government to enhance its national immunization strategy to ensure that all Canadians have the opportunity to protect themselves against the common strains of HPV (human papillomavirus) through immunization. The lack of access to HPV vaccination programs for young men in

Canada is needlessly putting the health of Canadians at risk.

Canadian Newswire, July 6, 2015