



For Men Only
Health and Wellness Event, November 12, 2016
South Pointe Hospital
20000 Harvard Ave. Warrensville Hts., Ohio

The For Men Only Health and Wellness Event was held Saturday, November 12, 2016. This free community health and wellness event was hosted by South Pointe Hospital and Taussig Cancer Center. The event was held to address men's health issues and to specifically educate and increase awareness around prostate and other cancers that plague the African American community and are high incidence in the South Pointe area.

Mayor Brad Sellers of Warrensville Hts. joined in to encourage men to come out and take advantage of the free screenings which were open to men of all ages and nationalities. Men from at least 20 zip codes including the east and west side of Cleveland to Euclid, Twinsburg, Akron and many of the surrounding suburbs attended the event.

The primary focus of this health and wellness program for men only was to provide prostate education and screening exams, which included PSA and digital rectal exams to qualified men over the age of 40 who pre-registered for the tests. However, each participant was eligible to take advantage of a variety of other health screenings and assessments including blood pressure; blood glucose; cholesterol screening; bone density; HIV screening; colon risk assessments; stroke risk assessments; posture assessments; BMI testing as well as tobacco cessation education. An Ask the Doctor table and a men's health panel featuring talks related to hypertension and stroke; men's fitness and surviving prostate cancer was offered as well.

Informative statistics from the event:

100 men attended the event

72 Healthy heart screenings with 2 men being sent to the ED the same day with uncontrolled hypertension and elevated blood glucose

62 PSA's drawn

47 digital rectal exams

(5 abnormal results, which were referred to Cleveland Clinic Urology)

40 HIV screenings

8 Colon Risk Assessments done

30 Tobacco Cessation Education