

Kootenai Member Health & Wellness Clinic

CLINIC NEWSLETTER

OCTOBER 2024 | LET'S TALK: MEN & WOMEN'S HEALTH

WHAT DO WE HAVE IN COMMON?

Men and women face several different health threats, but the number one health threat for both is cardiovascular disease. It affects men and women differently in both symptoms and outcomes. Men typically experience more classic heart attack symptoms, such as chest pain, while women may have subtler signs like fatigue, shortness of breath, nausea, or back pain, often leading to delayed diagnosis. Hormonal factors, such as estrogen, offer some protection to women before menopause, but their risk increases significantly afterward. Women are also more likely to experience complications or die after a heart attack compared to men. These differences highlight the need for gender-specific awareness and treatment approaches in managing heart disease.



MOST POPULAR HALLOWEEN CANDY NATIONWIDE

1. Reese's Cups
2. M&M's
3. Hot Tamales
4. Skittles
5. Sour Patch Kids
6. Starburst
7. Hershey Kisses
8. Candy Corn
9. Hershey Mini Bars
10. Snickers

Did YouRs
MAKE The
List?





TOP THREATS TO MEN'S HEALTH

Men's health faces several significant threats, many of which are preventable or manageable with proper care. Cardiovascular disease remains a leading cause of death among men, often linked to lifestyle factors such as poor diet, lack of exercise, and smoking. Mental health issues, including depression and suicide, are also growing concerns, with men less likely than women to seek help due to societal stigma. High stress levels, alcohol consumption, and work-related hazards further compound these challenges. Addressing these threats requires increased awareness, regular medical checkups, and a shift toward healthier lifestyles.

TOP THREATS TO WOMEN'S HEALTH

Women's health faces numerous challenges that can significantly impact their well-being. We already mentioned cardiovascular disease. Additionally, breast, ovarian and cervical cancers are prominent concerns. Women are also disproportionately affected by mental health conditions, including anxiety, depression, and PTSD, often exacerbated by societal pressures and gender-based violence. Hormonal changes due to pregnancy, menopause, and conditions like polycystic ovary syndrome (PCOS) add further complexity to their health. Barriers to healthcare access, economic inequality, and cultural stigmas can prevent women from receiving timely and adequate care, highlighting the need for more targeted health interventions and support systems.



**Schedule
your Annual
Wellness
Physical
now!**

Need an appointment? Have questions?

Call 208-686-3371

Email pmrkootenaicounty@pmrhealthcare.com

Go online to www.pmrkootenaicounty.com

Use Code: KCmedical24!

Visit 920 W Ironwood Dr, Ste 206, Coeur d'Alene

Open 8a - 5p, Monday through Friday