Outline (Topical pattern)

Most Common Health Problem in Men

Speech link: <http://youtu.be/geTfedBap2E>

1. INTRODUCTION:
   1. Since I was a kid I was told that men are stronger and live a longer life than women, but I just found out that it is not true. According to Dr Simon Harvey, a professor for Harvard Medical School, “In the U.S., and around the world, women live longer than men. The average American woman has a life expectancy of 80.4 years; men lag 5.2 years behind. […] the death rate is 1.4 times higher in American men than American women.”
   2. I want men and women to pay attention to what I have to say today about men’s health problems. I include women because some of the diseases I’m going to mention also affect women. In addition, as women you have fathers, husbands, sons, or brothers that one day can become ill, and it is important that we all get inform about these diseases.
   3. Today I will be discussing the three main health problems that affect men:
      1. Heart attacks,
      2. Lung cancer,
      3. Prostate cancer.

Transition: The first health problems that most frequently affect men are the heart attacks.

1. According to Gale Encyclopedia of Medicine “A heart attack is the death of or damage to heart muscle because the supply of blood to the heart is severely restricted or blocked.”
2. According to the WebMD website heart disease is the number 1 killer in America.
   * 1. More than 1 million American have heart attacks each year.
   1. The most common symptoms of a heart attack are:
3. Discomfort or pressure in the chest.
4. Sweating, nausea, vomiting, and shortness of breath.
5. Pain that spread to the shoulders, arms, neck, and jaws.
6. Rapid or irregular heart beat.

Transition: The second common health problem in men is the lung cancer.

1. According to an article published by the RelayClinical Education website lung cancer is consider an abnormal grow of cell that start in the lung and it can spread to different parts of the body.
2. Statistics:
3. People with lung cancer has 5-year survival rate.
4. Almost 1 of every 6 cases of lung cancer can be cure with treatment.
5. About 85% of lung cancers can be attributed to smoking tobacco.
6. The symptoms of a person with lung cancer are:
7. Constant coughing, and coughing up blood,
8. Fatigue, and unexplained weight loss,
9. Recurrent respiratory infections,
10. Wheezing and shortness of breath.
11. However, most people do not have symptom, and only a chest x ray can show the lung cancer.

Transition: The last health problem I’m going to discuss today is the prostate cancer.

1. According to the WebMD website: “Prostate cancer occurs when cells in the prostate gland grow out of control.”
   1. Statistics show that each year in the U.S
      1. More than 217,000 new cases developed.
      2. About 32,000 deaths are attributed to prostate cancer.
   2. Signs and symptoms that indicate the presence of prostate cancer are:
      1. Frequent urination, especially at night,
      2. Difficulty starting or stopping urination,
      3. Weak or interrupted urinary stream,
      4. Painful and burning sensation during urination or ejaculation,
      5. Blood in urine or semen.

Transition: In conclusion

1. CONLUSION:
   1. The three leading causes of death among all men are:
   2. Heart attack, which is a severe damage or death of the heart muscles.
   3. Lung cancer, which is an abnormal growth of cells in the lung.
   4. Prostate cancer, which is also an abnormal growth of the prostate gland.
   5. Finally, I want all of you to remember that information is a key point in the prevention of these and many other diseases.

REFERENCE

Harvey B., Simon. “Man-To-Man: The "Weaker" Sex Is Healthier”. 2006. Health & Wellness Resource Center. *LINCCweb*. Web. 17 Mar. 2012.

Davidson, Tish. "Heart attack." The Gale Encyclopedia of Medicine. Ed. Laurie Fundukian. 4th ed. Detroit: Gale, 2011. 6 vols. Health & Wellness Resource Center. *LINCCweb*. Web. 17 Mar. 2012.

“Lung cancer” RelayClinical Education. Feb 2012. Health & Wellness Resource Center. *LINCCweb*. Web. 17 Mar. 2012.

Hoffman, M. “6 Top Health Treats to Men: What puts a man’s health at risk as he gets older?” *WebMD*. Web. 10 Mar. 2012. < http://men.webmd.com/features/6-top-health-threats-men>