

## Survey finds men don't talk about their family health history risks

May 31 2017

---



Pedro Dumper says he's thankful for his close relationship with his dad. He talked to his father about a health concern that could have left him infertile if not caught early. Post-surgery, he's completely healthy. Credit: Orlando Health

Knowing your family history and hereditary risks is extremely important in preventing future health problems. But it's a topic that men tend to avoid, especially when it comes to sexual health. A new national survey commissioned by Orlando Health finds that four out of five men have never talked to a family member about sexual health. Men under age 35 lagged far behind women of the same age, who are about 90 percent more likely to talk to family members, not just about sexual health, but also health issues that tend to run in families, such as cancer and mental illness.

Learning about [family health history](#) at a younger age is important because 18-34 is when men are likely to be most sexually active and also most likely to start a family. Knowing your risks can help men notice any developing symptoms and start medical treatment as soon as possible.

To help men get the conversation started when it comes to family [health](#) history, Dr. Jamin Brahmbhatt and Dr. Sijo Parekattil, both urologists at Orlando Health, are hitting the road for the 4th annual Drive for Men's Health. This year, they embark on "Mission Manhood," with the goal of encouraging men to open up to each other about health concerns, especially with their own [family members](#).

"What I've realized in the past four years doing the Drive for Men's Health is that it's okay to talk to your friends and family, and it's really not as awkward as a lot of guys think." said Brahmbhatt, men's health activist and Co-Director of the PUR (Personalized Urology & Robotics) Clinic in Clermont, Florida. "Fathers and grandfathers need to start an open dialogue with their children," he said. "Younger family members might not understand the benefits now, but I bet you when they get older, they'll appreciate that you had that conversation with them at an early age."

On June 3rd, Brahmbhatt and Parekattil, the other Co-Director of the

PUR Clinic, will hop into an electric Tesla model S, and make the 3,000-mile journey across the country. Starting from Orlando, they'll drive to New Orleans, then Houston, then take a detour to the coast to visit Los Angeles, and finally end their road trip in Salt Lake City.

They'll invite men to join them at fitness events, bars, ball parks and even a 5K run where they'll spread the message: drop your excuses and take control of your health.

"The whole concept is that, if we can do something that's fun and interesting, perhaps we can also incorporate some valuable health education into this and make it memorable for the people that are engaged with us," said Parekattil, "And just showing up and engaging in these events creates a great opportunity to turn to your son or other [family](#) member and start that conversation about your health."

Provided by Orlando Health

Citation: Survey finds men don't talk about their family health history risks (2017, May 31)  
retrieved 6 May 2024 from  
<https://medicalxpress.com/news/2017-05-survey-men-dont-family-health.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--