IL6 : 招請講演 6**Aging Male Treatment in Asia**

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Men's health problems encompass medical, psychosocial, demographic, economic and public health issues. The rapid changes in the world and the recent economic 'crisis' have exacerbated the declining health of men even further. The vicious cycle of poor men's health resulting in decrease productivity, decreasing economic wealth and depleting health budget will lead to a spiraling decline in economic development.

Asian men like men in other parts of the world have poorer health than their female counterparts. Men take less effective care of their health, uses health services less frequently, delay seeking help until its too late, are less knowledgeable about personal health and men take more 'health' risks like working in more dangerous environment, eating less health food and indulge in more substance abuses.

Men are generally reluctant to consult the medical professional on preventive health check. However, men may be encouraged men to accept a checkup for urological problem viz. LUTS, ED, TDS and PE. Often the first symptom which brings men for health check is related to sexual or prostatic problem. Urologist should not miss the opportunity to address risk factors, lifestyle issues and look for problem of obesity, hypertension, diabetes mellitus and dyslipidaemia. Detection and treatment for hypogonadism may slow the progression of MetS to overt diabetes and CVD.

Men's health promotion and management in Asia should appeal to Asian men, should take into consideration of socio-cultural, socio-economic factors, use Asian health and disease data, risk charts, risk calculators and predictors. Tailored men's health consultation, taking into consideration of local cultural context, involves profiling and understanding Asian male psychobehavioural attitudes. Asian male specific shared decision model using effective decision aids to help men optimise their health status should be developed. The 4 P's of medicine viz. predictive, personalized, preventive and participatory, medical care are currently recognized as the way forward in maintenance of good health.

Synergistically, the time tested Asian ways to good health based on the wisdom of centuries old traditional medicine should be incorporated into men's preventive healthcare. Evidence-based Asian traditional exercises can complement modern medicine in the management of numerous cognitive and physical ailments.

The healthcare professional should reach up to all categories of men including the retirees to work on a life-long prevention and lifestyle modification plan designed for primary and secondary preventive measures. Success in this strategy will hopefully mitigate the many imminent socio-demographic, financial and healthcare burden or crisis.