

Development of Male Health Services



Goals of male participation

- Increase access to health care to an underserved community
 - Men do not feel comfortable seeking care in a “women’s clinic”
- Make reproductive health care a team effort and not only a woman’s issue
- Better the health outcomes of the entire community
 - New strategies developed through research and application
 - What you find is often not what you were looking for

Preventative medicine

Wiki definition:

- **“Preventive medicine or preventive care** refers to measures taken to prevent diseases, (or injuries) rather than curing them. It can be contrasted not only with [curative](#) medicine, but also with [public health](#) methods (which work at the level of population health rather than individual health).”

Social constraints for men seeking preventative care

A lack of necessity for a man to participate in reproductive health care creates apathy in the population. Men react when a problem arises, not beforehand to avoid conflict.



*Green monster= birth control, STI detection, sexual health knowledge and other "feminine issues"

Why Focus on Men?*

- Many men feel uncomfortable seeking sexual and reproductive health services.
- Men may not even know that their sexual and reproductive health is important.
- Men may think that sexual and reproductive health services are just for women.
- Males are socially conditioned to ignore health concerns or to seek help.

* From MARS website

Family Planning Clinics

- Essential to community health, thanks to you!
- Groundwork already in place to include males in the clientele
 - Changes necessary to make males feel welcome
 - Environment- gender neutral
 - Communication- sympathetic and thankful
- Other Reproductive Service Options
 - Campus health centers (student run)
 - Physicians (costly vs. sliding fee)

Bridger Clinic

- Goal of male services: Increase awareness about male health services and to take part in educational opportunities
- Visits by males very low compared to female participation
- Male =11%
- Female=89%



Beginning Male Health Clinics could mean many things

- Talk to females about referring men to the clinic when appropriate during their visit
- Hire a male assistant
- Designate hours for male health services
 - Eliminates doubt about whether or not males belong
 - Quick visits at lunch hour or 5-7 pm (after work)
 - Incentives for coming in- demonstrating thankfulness
- Separate clinical space- start from the ground up
 - Male Central Clinic in Corpus Christi, TX

Male options are currently limited for participation in Family Planning

- Males need an approachable venue to discuss reproductive and sexual health issues- we do not know everything!
- Abstinence, condoms, vasectomy, assisting female partner in paying for birth control
- Males would benefit by being exposed to information about female birth control options
 - Hormonal methods
 - Natural family planning techniques

Successful Male Health Programs

- Oregon Male Advocates for Responsible Sexuality-
<http://askmars.org/index.php>
- Texas Male Central Clinic-
<http://www.malecentralclinic.org>
