

Survey: A third of men do not believe they need annual exams and most think they are naturally healthier than others

Instead of speaking with their doctor, a third of men often get health advice from social media

***Note: Embargoed until Wednesday June 1, 2022 at 12:01 a.m. eastern**

Orlando Health

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NEWS PACKAGE

SUGGESTED TEASE	HEY GUYS, HAS IT BEEN A WHILE SINCE YOU'VE SEEN YOUR DOCTOR? A NEW SURVEY SHOWS YOU'RE NOT ALONE, BUT THERE CAN BE DIRE CONSEQUENCES. DETAILS, COMING UP.
ANCHOR LEAD	WE ALL KNOW WE SHOULD EAT WELL AND EXERCISE TO STAY HEALTHY, BUT A NEW NATIONAL SURVEY FINDS AN ALARMING NUMBER OF MEN ARE SKIPPING A SIMPLE YET CRITICAL STEP IN STAYING ON TOP OF THEIR HEALTH. BARB CONSIGLIO HAS THE DETAILS ON JUST HOW MANY MEN SAY THEY DON'T THINK THEY NEED TO SEE THEIR DOCTOR EVERY YEAR AND WHY THAT NEEDS TO CHANGE.
(PACKAGE START) ----- CG: Courtesy: Orlando Health	(Nats - Sound) :02
Shots of Dexter lacing up his shoes	DEXTER GRANT CONSIDERS HIMSELF A FAIRLY HEALTH-CONSCIOUS GUY. :03
CG: Dexter Grant Primary care patient	<i>"I wouldn't say I'm a gym rat, but I do work out a few days a week early in the mornings. I find that best to kind of get the day started." :06</i>
Shots of Dexter walking towards trail	BUT THERE'S ONE IMPORTANT ASPECT OF A HEALTHY LIFESTYLE THAT HE NEGLECTED — A YEARLY CHECKUP WITH HIS DOCTOR. :05
CG: Thomas Kelley, MD Orlando Health	<i>"The last time I went was when I was going to college when I was 18. So we're talking almost two decades since the last annual checkup." :06</i>
Shots of Dr. Kelley entering exam	AS A PRIMARY CARE PHYSICIAN, IT'S A STORY THAT DOCTOR THOMAS KELLEY HEARS A LOT

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<p>room, greeting patient</p> <p>Graphic: 1/3 of men do not believe they need annual health screenings</p>	<p>FROM MEN.</p> <p>IN FACT A NEW NATIONAL SURVEY BY ORLANDO HEALTH FINDS THAT A THIRD OF MEN IN AMERICA DO NOT BELIEVE THEY NEED ANNUAL HEALTH SCREENINGS.</p> <p>WHY? DOCTOR KELLEY SAYS HE'S HEARD EVERY EXCUSE IN THE BOOK. :14</p>
<p>Dr. Kelley (CG'd earlier)</p> <p>Shots of Dr. Kelley speaking with man in exam</p> <p>Graphic: 2/3 of men believe they are naturally healthier than most</p>	<p><i>"Fear of the unknown is a big one. If you're a man and you haven't been to the doctor in a while, you don't really know what to expect."</i> :07</p> <p>OFTENTIMES, MEN SKIP THEIR ANNUAL APPOINTMENTS BECAUSE THEY DON'T CONSIDER ANYTHING COULD BE WRONG. IN FACT, THE SURVEY FOUND THAT TWO-THIRDS OF MEN BELIEVE THEY ARE NATURALLY HEALTHIER THAN MOST PEOPLE. :09</p>
<p>Dr. Kelley (CG'd earlier)</p> <p>Shots of Dr. Kelley examining man</p>	<p><i>"Just statistically, that would be impossible for the majority of men to be healthier than the majority of men."</i> :04</p> <p>PRIMARY CARE IS CRUCIAL AT EVERY AGE TO PREVENT DEVELOPING HEALTH ISSUES FROM BECOMING MORE SERIOUS.</p> <p>FOR YOUNGER MEN, PERHAPS IT'S KEEPING THEIR BLOOD PRESSURE AND MENTAL HEALTH IN CHECK, AND FOR OLDER MEN IT'S IMPORTANT TO IDENTIFY EARLY HEART DISEASE AND STAY UP-TO-DATE ON CANCER SCREENINGS. :13</p>
<p>Dr. Kelley (CG'd earlier)</p> <p>Shots of man walking dog</p>	<p><i>"I would much rather go to the doctor once a year for a wellness checkup, and make certain that I'm not developing diabetes or high blood pressure or a heart problem, than to find myself in an intensive care unit needing a heart bypass surgery because I didn't look into those things."</i> :13</p> <p>DOCTOR KELLEY SAYS MORE MEN NEED TO MAKE THEIR HEALTH A PRIORITY, BUT THE SURVEY FOUND NEARLY TWO IN FIVE PUT THEIR PET'S HEALTH ABOVE THEIR OWN. :06</p>
<p>Dr. Kelley (CG'd earlier)</p> <p>Shots of man scrolling on computer</p>	<p><i>"I think often men tend to put their health last after their family, and apparently even their dog or their cat."</i> :05</p> <p>AND RATHER THAN RELYING ON MEDICAL PROFESSIONALS, THE SURVEY FOUND A THIRD OFTEN GET MEDICAL ADVICE FROM SOCIAL MEDIA. :05</p>

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	<p>(Nats - Dexter walking) :01</p> <p>Shots of Dexter walking on trail</p> <p>Dexter Grant (CG'd earlier)</p> <p>Shots of Dexter walking on trail</p> <p>(PACKAGE END) -----</p> <p>ANCHOR TAG</p> <p>DEXTER SAYS HE'LL BRING HIS HEALTH QUESTIONS TO HIS DOCTOR FROM NOW ON. HIS ANNUAL APPOINTMENT WAS NOT NEARLY AS SCARY AS HE THOUGHT, AND WAS WELL WORTH THE PEACE OF MIND THAT HE'S AS HEALTHY AS HE FEELS. :10</p> <p><i>"Once we went through the questions that he did, I did the blood work, you look back and you're like, 'Oh, I should have done that long time ago.'" :06</i></p> <p>AT ORLANDO HEALTH, THIS IS BARB CONSIGLIO REPORTING. :02</p> <hr/> <p>IT'S NEVER TOO LATE TO GET CAUGHT UP ON ROUTINE APPOINTMENTS AND SCREENINGS, AND EXPERTS SAY THE SOONER, THE BETTER. COMBINING ANNUAL EXAMS WITH THINGS LIKE EXERCISING REGULARLY, KEEPING YOUR DIET IN CHECK, DRINKING PLENTY OF WATER AND FINDING WAYS TO REDUCE STRESS CAN MAKE A BIG DIFFERENCE IN YOUR OVERALL HEALTH.</p>
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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>A new national survey by @OrlandoHealth finds a third of men don't think they need annual health screenings and two-thirds think they are naturally healthier than most, concerning statistics to primary care physicians. https://bit.ly/3LK5cTF</p> <hr/> <p>Has it been a while since you've seen your primary care doctor? A new national survey by Orlando Health finds that's the case for far too many men. The survey found that a third don't think they need annual health screenings. And rather than talking to their doctor, nearly two in five often get health advice from social media. Now, doctors are working to get men to get over their fears, get back into the exam room and make their health a priority. https://bit.ly/3LK5cTF</p>
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EXTRA BITES

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<p>CG: Thomas Kelley, MD Orlando Health</p> <p>CG: Dexter Grant Primary care patient</p>	<p>Kelley says a man might have underlying health issues, even if he feels fine:</p> <p><i>"A man might feel totally fine. He's exercising regularly. He's going to work every day, earning a living, enjoying his family, but he could have extremely high blood pressure, which we call the silent killer because it has no symptoms. Or there could be very high cholesterol that could be a ticking time bomb leading to a heart attack or a stroke." :19</i></p> <p>Kelley says a primary care appointment gives patients the big picture on their health:</p> <p><i>"Hopefully by the end of that appointment, the patient has a great understanding of their overall health. 'Here's where I am right now. Here's what I'm at risk for down the road, and here's my homework. Here's what I need to be doing to help improve my health moving forward.'" :13</i></p> <p>Kelley reacts to the number of men who think they don't need to see their doctor:</p> <p><i>"That is a number that is much too high. We need to do a better job in the medical community getting the word out to connect to the 'why,' not just that you need to have a wellness visit, and you need to be seeing a physician, but, 'Why do I need to do that? If I feel fine, why do I need to go to the doctor?'" :18</i></p> <p>Kelley says seeing your doctor can prevent more serious issues down the road:</p> <p><i>"Investing a little bit of time once a year might save you having to take a lot of pills and seeing a lot of other doctors and possibly being in the hospital down the road. So if you don't like the idea of those things, come and get a regular checkup." :12</i></p> <hr/> <p>Dexter says he didn't know what to expect in his first exam:</p> <p><i>"You really worry, 'Okay, that pain I had last week in my hip, was that the one that's going to take me out?' So when I sat down in the seat, it was kind of a little nerve-racking because I didn't know what to expect." :12</i></p> <p>Dexter says he'll make his annual appointment from here on out:</p> <p><i>"I'm going to definitely make sure the appointments are set, doing it the summer of each year, kind of a midway checkpoint I guess you could say. That way you know if I need to kind of kick things into gear the rest of the year or if I'm doing okay to kind of maintain what I'm doing. But yeah, absolutely every single year I get an annual." :13</i></p>
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CG: Dexter Grant
Primary care patient

Dexter says men avoid the doctor out of fear:
"I think deep down what it is, it's fear. We say that, 'Oh, we don't want to go. I'm fine.' But deep down, you're scared that if you go see your doctor, he's going to give you that terrible news that nobody wants to hear." :10

Dexter says everyone is vulnerable to illness:
"None of us are invincible and illnesses, they don't discriminate against anybody. It doesn't matter how strong you are, how tall you are, whatever the case may be." :10

For viewer information on this story contact:

Orlando Health: (321) 279-0417
mediarelations@orlandohealth.com

Produced by:



1800 West 5th Ave.
Columbus, Ohio 43212
Phone: (614) 932-9950 Fax: (614) 932-9920
www.mediasourcetv.com

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