

# Dr. Colin Gage

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*"treating the cause of your problem, not just the symptoms"*

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## Men Prefer To Ignore Their Health

Would you have ever thought that almost 70% of the patients that enter my office are women? Yes, very few men, in comparison to women, come to see a chiropractor. A medical doctor's office is not much different. In most cases, it is the women who are most likely to deal with their own and their family's health care issues rather than the men. In fact, it is almost comical how men will ignore, deny, or even lie about their health issues in order to avoid having to see a medical or chiropractic doctor. I once had a nurse in my office that summed it up best. She said, "a man will do his best to ignore his physical problems, unless of course it has something to do with his penis". "Only then is it an emergency and the world had better stop turning until his physical needs are addressed".

Every day I have male patients in my office with neck or back pain that have "waited for it to go away on its own". Then, after a week or so of symptoms ranging from mild to severe agony, they stroll in and look for some help. As each of their treatments are being done, I do my best to explain how their problem would have been much easier to fix if they had come in right away. Even better, their problem may have been avoided if they saw a chiropractor on a preventative basis. Most men openly admit that treating the problem early or on a preventative basis sounds like a good idea and they often say that they will follow through with it. However, most male patients still disappear once their symptoms lessen. In fact, they will likely experience several bouts of acute problems before they finally become proactive with the health.

Even outside of chiropractic-related problems, men often aren't doing enough to stay healthy. For example, recent surveys found that 52% don't get enough exercise, 47% don't take time to themselves to unwind, 13% haven't had check-ups in years, if ever, and 40% don't know their cholesterol level. Many men believe that "if it ain't broke, don't fix it". Not surprisingly, a full two-thirds of men have been to a doctor in the past year, 4 percent hadn't gone in more than five years and 2 percent in more than 10 years. Three percent said they couldn't remember the last time they went, and 4 percent said they just don't go to doctors. "Feeling fine" was the most common reason for not going to the doctor. Others included lack of health insurance, no time, mistrust of doctors, and fear of getting bad news.

As well, it still seems incredible to me how many men do not exercise regularly. When I ask them why not, I get the same answers as recent surveys: 33% are too busy with work, 24% are injured or sick, 17% are too busy with family, 12% don't like to sweat, 8% say the couch is too comfy, 3% don't have a gym nearby, 1% don't want to miss their favorite TV shows, and 1% would rather watch sports than play them.

Ok guys, after reading the above information and realizing that you do more preventative maintenance on your chevy pick-up than on yourself, try to make a better effort to look after yourself. If changing the oil in your truck every 5000km and saving the cost of preventable repairs down the road seems logical, then why doesn't being proactive with your health seem logical? Therefore, see your chiropractor regularly, have a physical exam done annually by your medical doctor, and start exercising consistently.