

# Cleveland Clinic 2018 MENtion It Survey

# Survey Objectives and Methodology

- This media deck provides insights into the behaviors and attitudes of men and women related to their own health and their spouse/partner's health. This year's survey focused on relationships between men and women on health conversations and topics.
- Two online surveys conducted among a national probability sample consisting of 1,131 (survey 1) and 1,065 (survey 2) Americans 18 years of age and older, living in the continental United States.
  - All data is nationally representative regarding age, gender, ethnicity and educational attainment.
  - The online surveys were conducted by YouGov and completed between April 10 and May 7, 2018.
  - The margin of error for the total sample of each survey at the 95% confidence level is +/- 3 percentage points; +/- 5 percentage points for men only; +/- 6 percentage points for women who live with their significant other/spouse.

# Executive Summary

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- **Spouses not sharing health concerns with each other enough:** Despite believing it is important to discuss their health concerns with their spouse/significant other\*, men and women alike fail to share changes in health with their spouses/significant others immediately.
- **Internet diagnosis just as popular as doctor diagnosis:** Americans turn to the internet as much as their doctor when first noticing changes in their health.
- **Women\*\* prioritize spouse's health:** Women care more about their significant other/spouse's health than men do about their own health.
- **Heart disease vs. erectile function:** Men and their partners\*\* are more worried about heart disease than erectile dysfunction.

*\*refers to all US adults who live with their spouse/significant other*

*\*\*refers to US women who live with a male spouse/significant other*

# Overall Key Findings

# Key Findings

## Spouses not Sharing Health Concerns with Each Other Enough

**Despite believing it is important to discuss their health concerns with their spouse or significant other, both sexes fail to share changes in health with their partner immediately.**

- More than half (57%) of all Americans prefer to keep health concerns to themselves and not share them with anyone, not even their doctor.
- Only 15% of Americans first share their health changes with their spouse or significant other.
- For a lot of men, discussing sexual health conditions with their partner is particularly taboo: Two-in-five men\* with live in partners would not discuss painful erections (41%) and/or frequent erectile dysfunction (43%) with their spouse.

## Internet Diagnosis Just as Popular as Doctor Diagnosis

**Americans turn to the internet as much as their doctor when first noticing changes in their health.**

- Just as many Americans research their symptoms online (27%) as those who consult a doctor (27%) when first noticing changes in their health.
- Six-in-ten (61%) Americans have neglected visiting a doctor even when they needed to go.
- About one-third (31%) of Americans do not fully understand what a urologist does.

*\*refers to all US men who live with their spouse/significant other*

# Key Findings

## Women Prioritize Spouse's Health

**Women care more about their significant other/spouse's health than men do about their own health.**

- 83% of women\* surveyed encourage their spouse to get their health checked once a year but 30% of men don't think they need to go because they are healthy.
- Only 46% of men would see a doctor immediately if they experienced a painful erection.
- Only 41% of men regularly do testicular self-exams, with young men under 35 more likely than older generations.
- The good news: many men would go to a doctor immediately if they noticed some blood in their urine (67%), changes in their testicle(s) (59%) or pain in their testicle(s) (49%).

## Heart Disease vs. Erectile Function

**Men and their partners are more worried about heart disease than erectile dysfunction.**

- The majority of men surveyed (81%) and even more women\* (90%) find heart disease more concerning than erectile dysfunction (ED).
- ED is often the first indication of a potential heart issue: 80% of men presenting with first time heart attack had ED develop within the prior 3 years

*\*refers to women who live with a male significant other/spouse*

# Spouses not Sharing Health Concerns with Each Other Enough

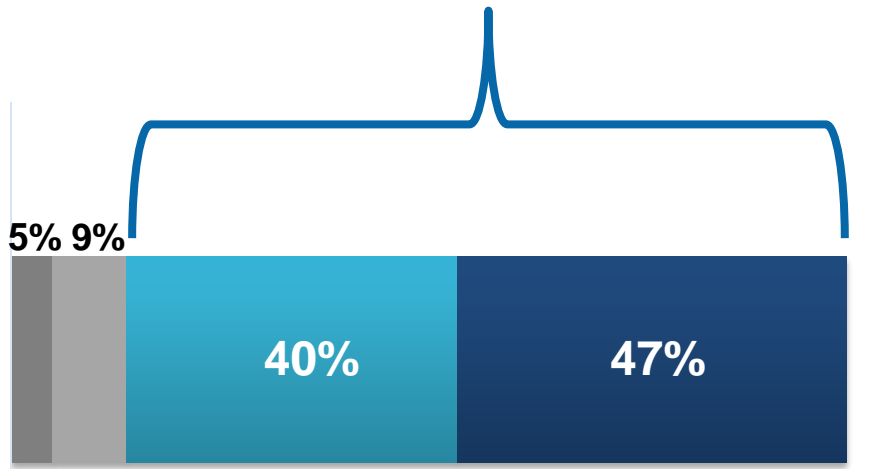


# The majority of Americans\* believe it is important to discuss their health concerns with their spouse or significant other.



**86%** of Americans with live in partners believe it is important to discuss their health concerns with their partner.\*\*

It's important to discuss my health concerns with my spouse/partner.



■ Strongly Disagree   ■ Somewhat Disagree   ■ Somewhat Agree   ■ Strongly Agree

\*refers to all US adults with live in partners

\*\*Percentages may not add up exactly due to rounding.

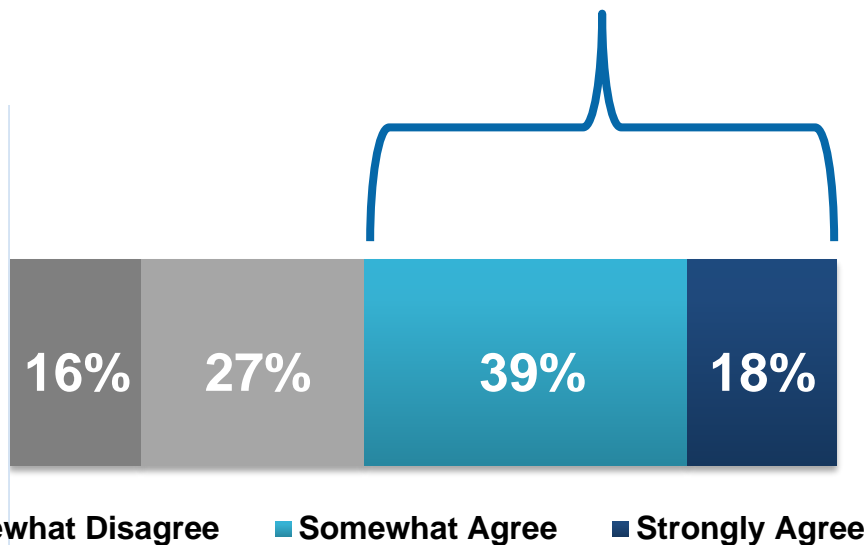
Q4\_6. To what extent do you agree or disagree with the following statements? Please select one option on each row. – It's important to discuss my health concerns with my spouse/partner. (All US adults with live in partners: n = 614)

# But both sexes prefer not to share their health concerns with their partner.



**57%** of all Americans prefer to keep health concerns to themselves and not share them with anyone, not even their doctor.

I prefer to keep my health information to myself and not share with anyone.

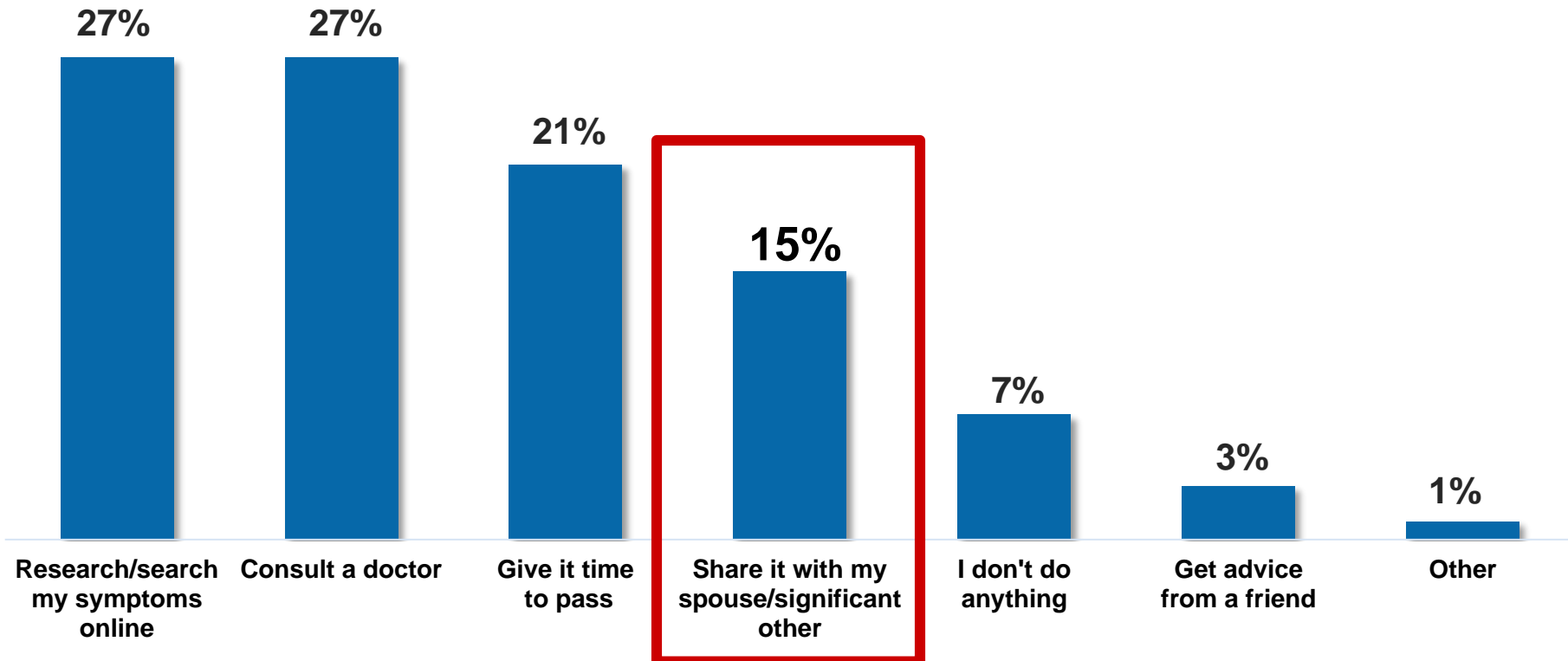


■ Strongly Disagree ■ Somewhat Disagree ■ Somewhat Agree ■ Strongly Agree

# Both sexes also fail to share changes in health with their partner immediately.

When you notice changes in your health, what is the first thing you do?

Only **15%** of Americans first share their health changes with their spouse or significant other

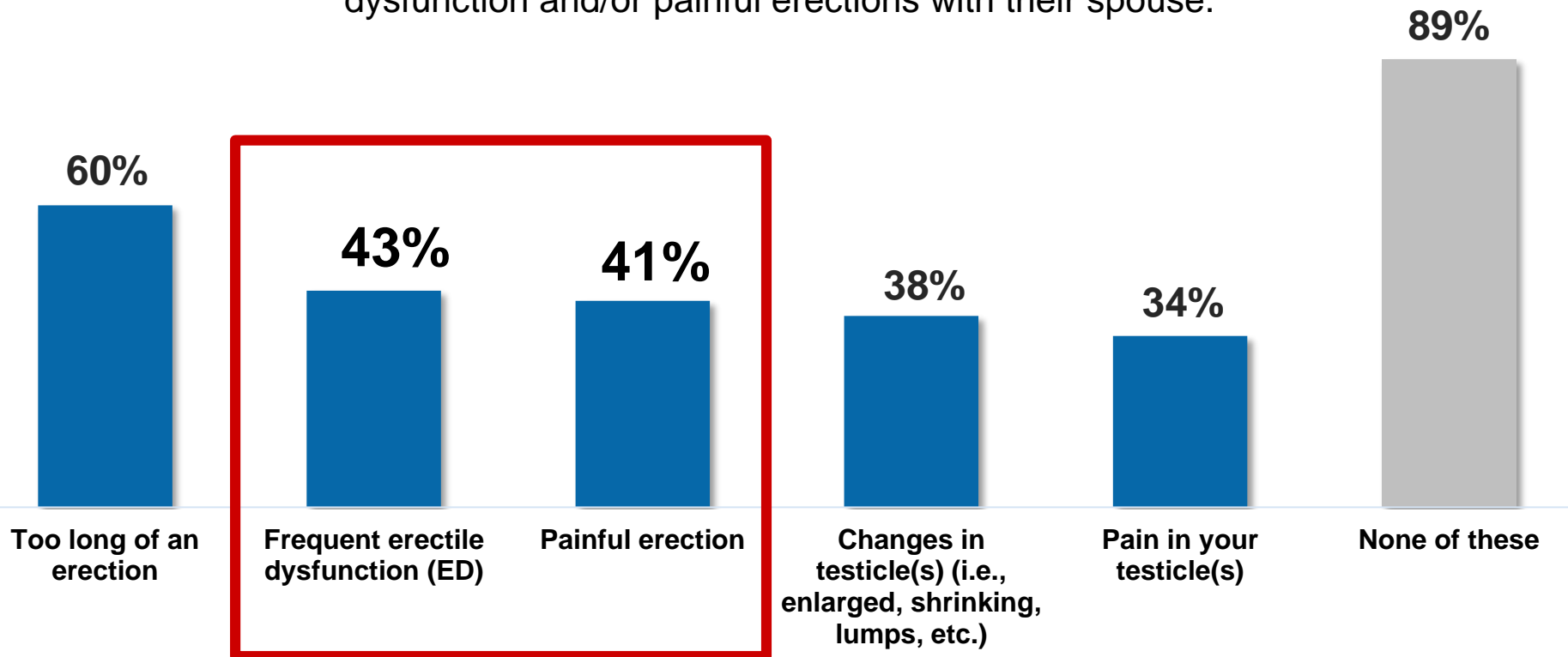


\*total percentages may not add up to 100% exactly due to rounding

Q3. When you notice changes in your health, what is the first thing you do? (All US adults: n = 1065)

# For a majority of men\* living with a spouse/significant other, sexual health conditions are particularly taboo.

**Two-in-five** men\* with live in partners would not discuss frequent erectile dysfunction and/or painful erections with their spouse.



\*refers all US men who live with their spouse/significant other

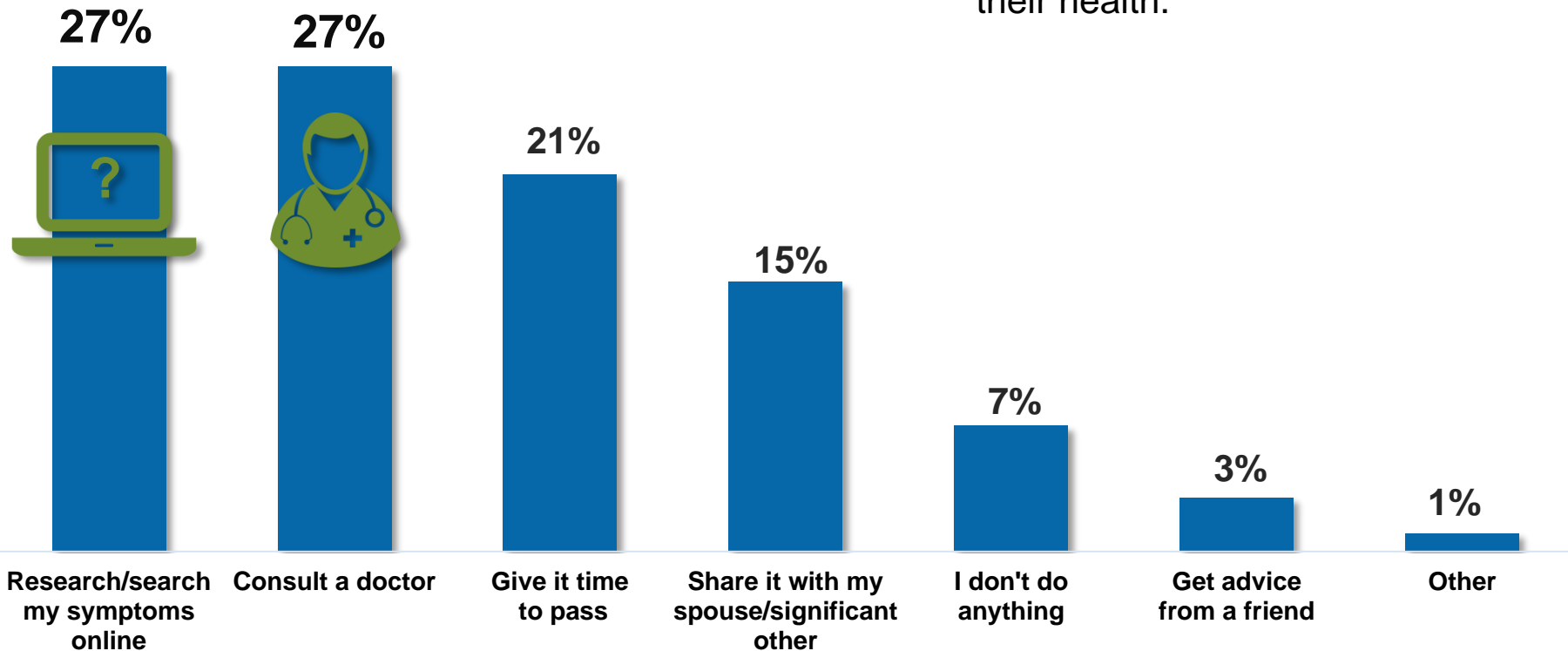
q3\_men. Which, if any, of the following specific conditions would you share/discuss with your spouse/significant other if you were to experience them? Please select all that apply. (All US men who live with their spouse/significant other: n = 316)

# Internet Diagnosis Just as Popular as Doctor Diagnosis

# Americans turn to the internet as much as their doctor when first noticing changes in their health.

When you notice changes in your health, what is the first thing you do?

Just as many Americans research their symptoms online as those who consult a doctor when first noticing changes in their health.

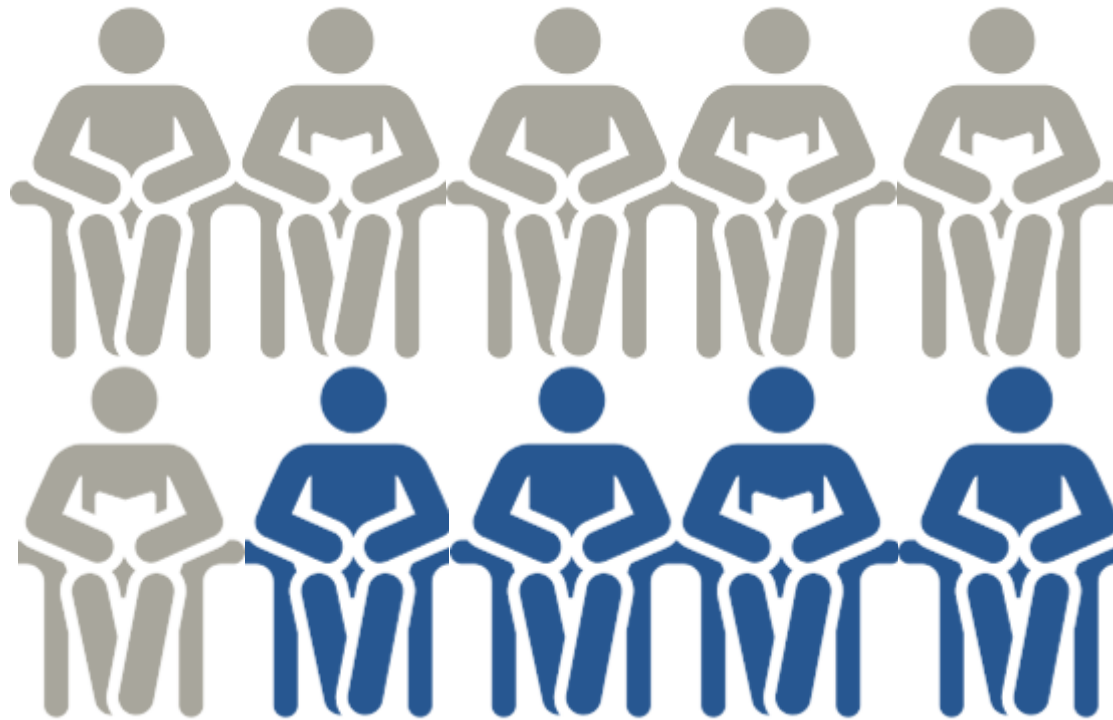


\*total percentages may not add up to 100% exactly due to rounding

Q3. When you notice changes in your health, what is the first thing you do? (All US adults: n = 1065)

# A majority of Americans have at some point in their lives decided not to visit a healthcare professional, even though they needed to.

Six-in-ten (**61%**) Americans have neglected visiting a doctor even when they needed to go.



Q3. Which, if any, of the following are reasons you didn't visit a healthcare professional when you needed to? Please select all that apply. If you always go to the doctor, please select the "Not applicable" option. (All US adults: n = 1065)

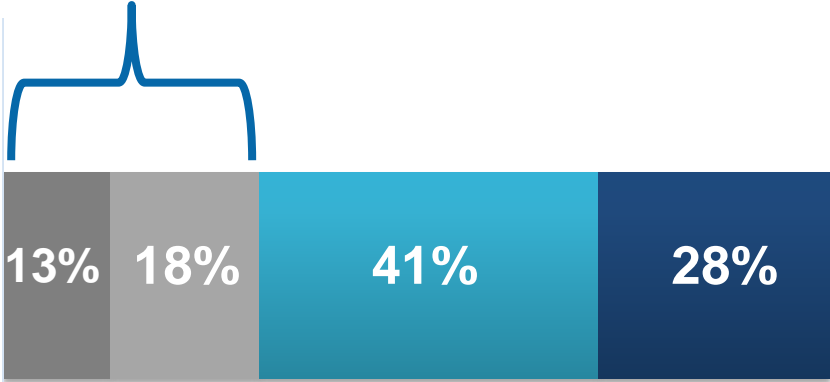
# Even if they notice changes in their urological health, many Americans aren't sure what a urologist does.



About one-third (**31%**) of Americans **do not** fully understand what a urologist does.



I fully understand what a urologist does.



■ Strongly Disagree   ■ Somewhat Disagree   ■ Somewhat Agree   ■ Strongly Agree

q4\_9. To what extent do you agree or disagree with the following statements? Please select one option on each row. - I fully understand what a urologist does. (All US adults: n = 1065)

Icon made by Gan Khoon Lay from thenounproject.com

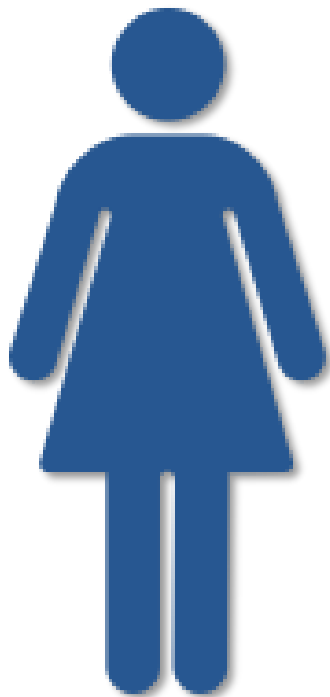
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# Women Prioritize Spouse's Health

# Women\* care more about their male significant other/spouse's health than men do about their own health.

**83%** of women\* encourage their spouse to get their health checked once a year



**30%** of men don't think they need to go because they are healthy



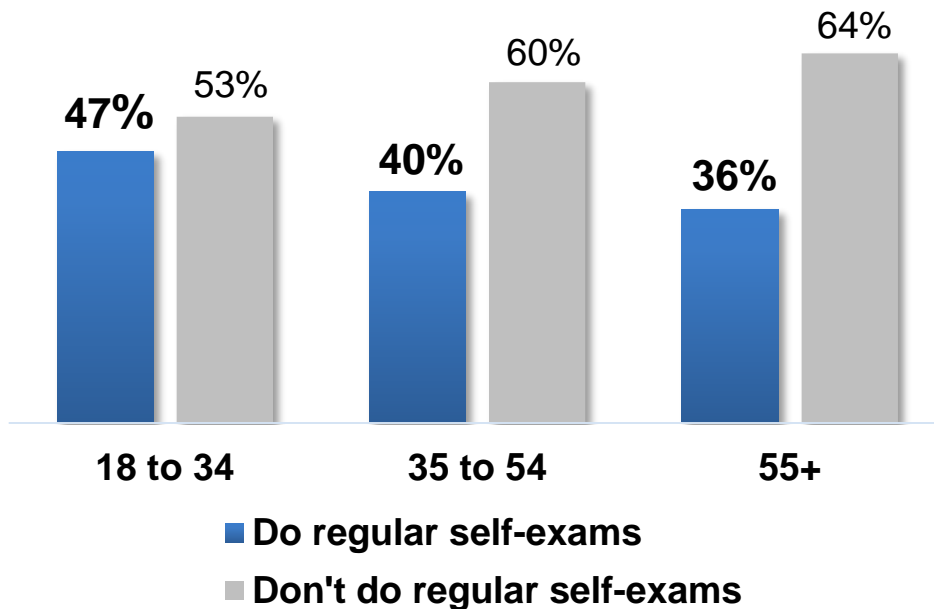
*\*refers to women who live with their male significant other/spouse*

*q4\_1. To what extent do you agree or disagree with the following statements? Please select one option on each row. - I encourage my spouse/significant other to get their health checked once a year. (All US women with male live in partners: n = 311)*

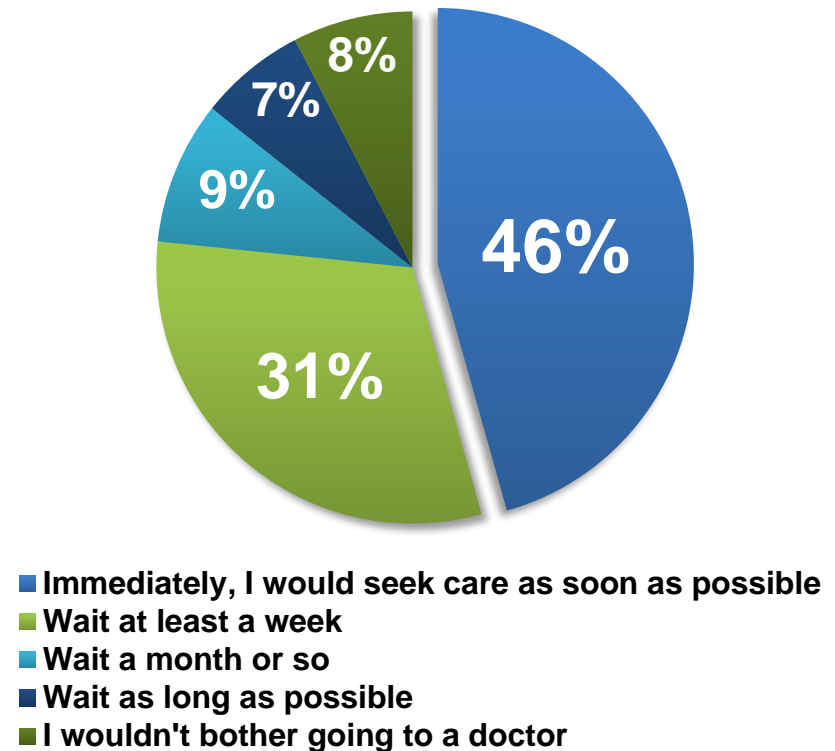
*q4\_2. To what extent do you agree or disagree with the following statements? Please select one option on each row. - I don't need annual health checks with a doctor, I'm healthy. (All US men: n = 536)*

## Prostate health is not a top concern.

Only **41%** of men regularly do testicular self-exams, with young men under 35 more likely than older generations.



Only **46%** of men would see a doctor immediately if they experienced a painful erection.



Q4\_7. To what extent do you agree or disagree with the following statements? Please select one option on each row. - I regularly do testicular self-exams.

(All US men: n = 526)

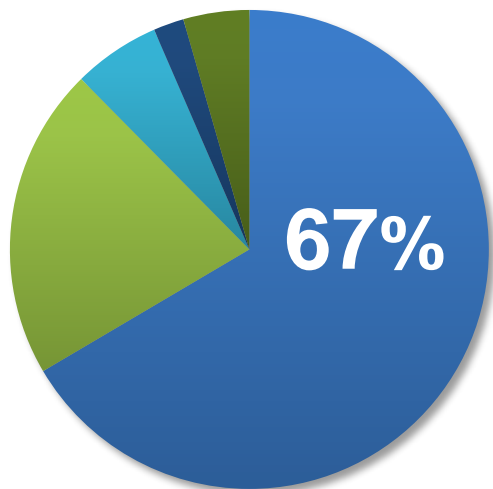
Q5\_8. If you were to experience each of the following symptoms, when would you call a doctor to make an appointment about it? - Painful erection (All US

men: n = 526)

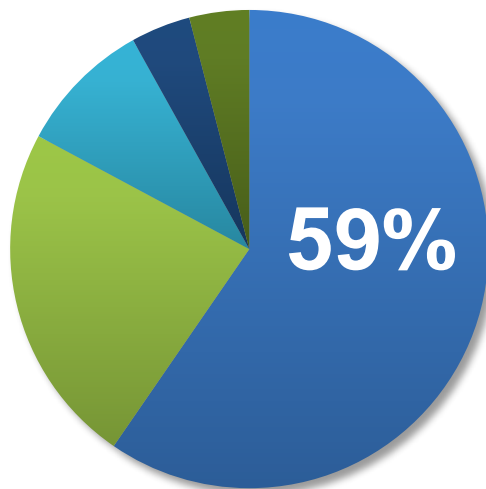
## But there is good news!

Many men would go to a doctor immediately if they noticed:

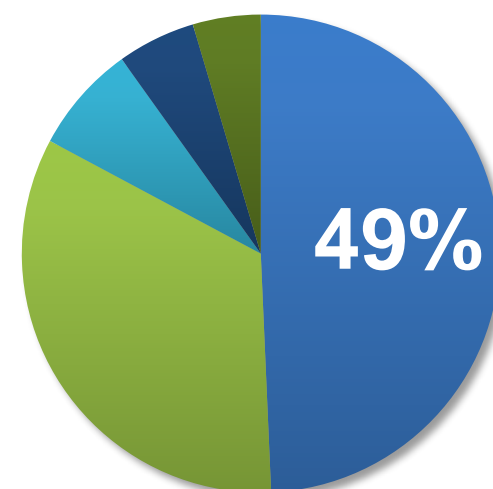
*some blood in their urine*



*changes in their testicle(s)*



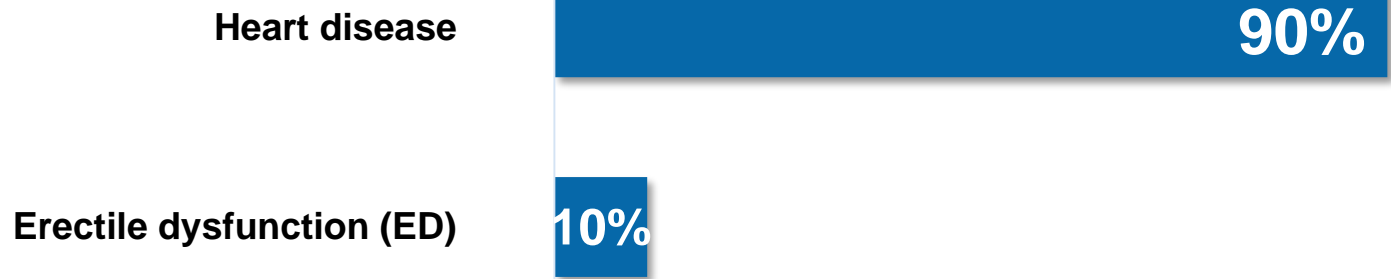
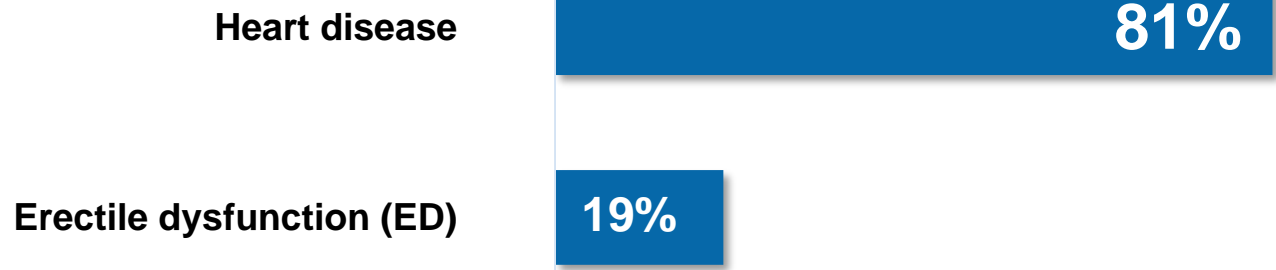
*pain in their testicle(s)*



- Immediately, I would seek care as soon as possible
- Wait at least a week
- Wait a month or so
- Wait as long as possible
- I wouldn't bother going to a doctor

# Heart Disease vs. Erectile Function

# The majority of men surveyed and even more women\* find heart disease more concerning than erectile dysfunction (ED).



**\*refers to women who live with a male significant other/spouse**

q1a. If you had to choose, which condition is more concerning to you? (All US men: n = 526)

q1b. Thinking in regards to your spouse/significant other... If you had to choose, which condition is more concerning to you? (All US women with male live in partners: n = 311)

## Several studies have shown that if a man has Erectile Dysfunction (ED), he has a greater risk of having heart disease

- In one study, **57%** of men who had bypass surgery and **64%** of men hospitalized for a heart attack had ED at least at one point prior to their heart issue\*
- Having ED can predict that a man will probably have heart disease symptoms within **five** years\*
- Having ED is as much a risk factor for heart disease as a history of smoking or a family history of coronary artery disease\*

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