

# **For the Men We Love: A Playbook for Heart Health**

## **Companion Discussion Guide**

This guide provides optional discussion questions that you can use with the videos. You can choose which questions make sense for your group and select a time frame.

You may choose to have the discussion at the end of each video or to pause the video at points for discussion. If you prefer to pause the video, time stamps are suggested for when to pause the video for each question.

### **Video 1: Basics of Cardiovascular Disease**

- (4:57) Did you know that one out of two men who die suddenly of heart disease had no previous symptoms? What are your feelings or thoughts about this?
- (4:57) Some of these deaths could have been prevented with routine preventative care.
  - Do you see a health care provider regularly? Why or why not?
  - Why is it that some men don't seek help when medical problems first appear?

### **Video 2: Symptoms of Cardiovascular Disease**

- (8:08) Were you aware that erectile dysfunction could be a sign of cardiovascular disease? Do you think many men are?
- (9:02) Many men are now getting treatment for ED through virtual or online providers. Do you think this will help catch cardiovascular risk factors during their evaluation for ED? Why or why not?

### **Video 3: Cardiovascular Risk Factors**

- (3:24) Some of the risk factors (age, personal and family medical history) are beyond our control. Others (physical activity, smoking, etc.) we have some control over.
  - How can we help support the men we love to decrease their cardiovascular risk and live longer, healthier lives?
  - What are your ideas about how we could support and empower men in our community to make healthy choices when it comes to diet, physical activity, smoking, and alcohol intake?

## Video 4: Cardiovascular Risk Factors

- (14:52) What are some choices that you could make to lower your risk of cardiovascular disease?
  - What are some of the issues you might face in making those changes?
  - What are some ideas about how to face and overcome some of those issues?
- (17:15) What are common reasons for some men failing to take medications that could help lower their cardiovascular risk?
  - What are some ways that we could help address these?
- (End of video) In general, men are less likely than women to attend community health events. What are some strategies we could use to better engage men on issues related to heart health?

General tips for facilitating discussion:

- **Encourage all voices.** Create a welcoming, encouraging environment. Gently invite, but don't force, quiet members to join the conversation.
- **Acknowledge contributions.** Thank participants for sharing their thoughts and experiences and highlight valuable insights.
- **Ask follow-up questions as needed.** If participants offer short answers, consider following up by asking "Why do you think that is?" or "Tell me more" to dig deeper.
- **Gently steer the conversation back to the topic if it gets off track.**
- **Use affirming language.** Many men are knowledgeable and proactive about taking care of their health. Don't use language that assumes all men don't care about their health.