

**What is it?**

Cleveland Clinic's Minority Men's Health Center was founded in 2003. It is one of the first programs in the country to broadly address the health issues that particularly impact African-American and Hispanic men. The center provides disease screenings and health and wellness information, offers primary medical care and referrals to specialists, conducts research, and educates the public and healthcare providers about minority health concerns.

Why should I make an appointment with the center?

Because you may be at increased risk for medical problems that can be prevented or successfully treated if caught early enough. For various reasons — genetics, living and working conditions, barriers to getting medical care — African-American and Hispanic men are more likely than whites to develop some life-threatening diseases and medical problems, and are at greater risk of dying from them. The Minority Men's Health Center can help you stay well and improve your health, monitor potential health risks and take preventive steps, and detect and treat existing medical conditions.

Did you know?

- › The life expectancy for African-American men is 7.1 years less than for white men
- › African-American men have the highest rates of lung, prostate and colon cancers of any population in the world
- › Stroke kills 180 percent more African-American men than it does whites
- › More than one-third of all African-American men have high blood pressure
- › Hispanic men are twice as likely as white men to have liver cancer, and almost twice as likely to die from it
- › Hispanic men are more likely than whites to have diabetes, diabetes-related kidney failure, and to die from the disease
- › Hispanic men have a chronic liver disease rate that is twice that of whites, and liver disease is the third leading cause of death for Hispanic men ages 55-64
- › Hispanic men are more likely than whites to be overweight or obese

What medical conditions does the center screen for and treat?

The list includes:

- › High blood pressure (hypertension)
- › Heart disease and blood circulation problems
- › High cholesterol and triglycerides (hyperlipidemia)
- › Diabetes
- › Kidney disease and kidney failure
- › Prostate cancer
- › Enlarged prostate (benign prostatic hyperplasia)
- › Impotence (erectile dysfunction) and sexual issues
- › Hepatitis C
- › Stress, depression and mental health concerns



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What other services does the center provide?

- › Men's urological health examinations and screenings
- › Men's primary healthcare services
- › Referrals for specialized care including kidney transplants, weight loss surgery, colorectal cancer and digestive diseases
- › Shared medical appointments
- › Prescription assistance
- › Spiritual care
- › Patient and community health education (Call **216.445.7550** to schedule a Health Talk for your community organization)

How can I make an appointment?

Call **216.444.5600**.

Where do I go?

The Minority Men's Health Center sees patients at three convenient locations:

- › Cleveland Clinic main campus
Q Building (Glickman Tower), 8th floor
9500 Euclid Avenue
Cleveland, OH 44195
Wednesdays: 8:30 a.m. to 5 p.m.
- › Stephanie Tubbs Jones Health Center
13944 Euclid Avenue
East Cleveland, OH 44112
Tuesdays: 10 a.m. to 5 p.m.
- › South Pointe Hospital
Medical Office Building, 2nd Floor
20000 Harvard Road
Warrensville Heights, OH 44122
First and third Thursdays of the month: 8:30 a.m. to 4 p.m.

Who leads the center?



Charles Modlin, MD, MBA, a kidney transplant surgeon and board-certified urologist, is Founding Director of the Minority Men's Health Center. Dr. Modlin graduated from Northwestern University Medical School in Chicago. He completed a urology residency at New York University and a kidney transplant surgery fellowship at Cleveland Clinic. Dr. Modlin has received numerous honors for his efforts to address health disparities.



Uche Iheme, MD, is a board-certified internal medicine physician who specializes in men's health. He also has special certification in clinical hypertension. Dr. Iheme graduated from Lagos College of Medicine in Nigeria and completed an internal medicine residency at North General Hospital in New York City.

Where can I get more information about the center?

Visit clevelandclinic.org/mmhc