

THE GREAT INDIAN

MEN'S HEALTH REPORT 2022

Work stress taking a toll?



61%

Piles Surgeries performed on men are in the age group of **26-40**

The most common cause for Haemorrhoids/Piles is hereditary. Other most common causes are stress, obesity, low fiber diet, etc.”



DR. SAJEET NAYAR
GENERAL SURGEON,
PRISTYN CARE

Early genetic Hernia is a reality

45%

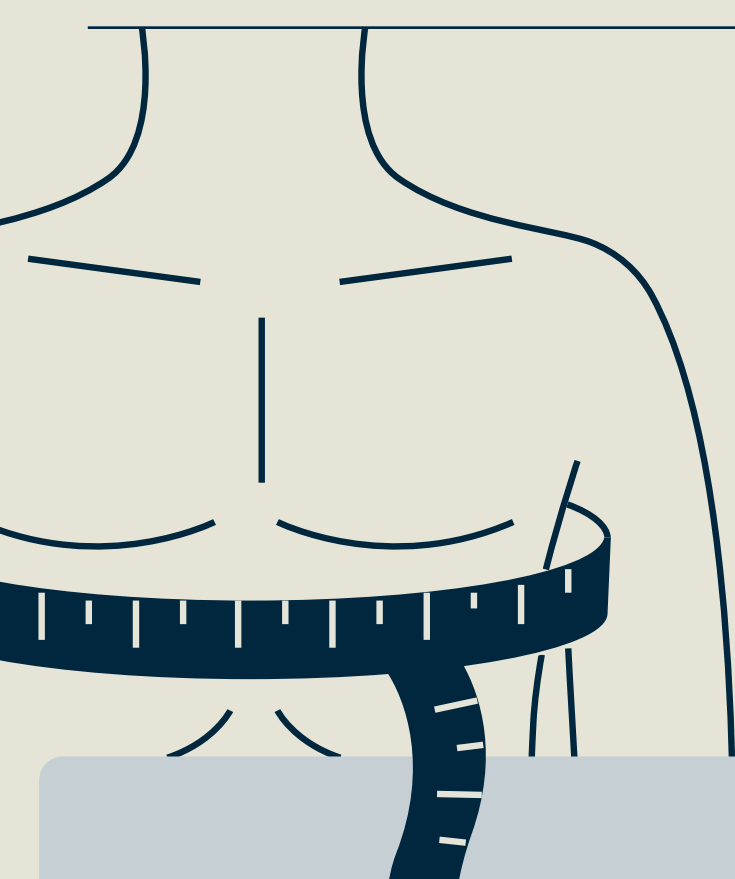
going for Hernia surgery are in the age group of **21-40**



“Congenital hernias occur through weaknesses in the abdominal wall and become more prominent in this active age group.”



DR. SANJIT GOGOI
GENERAL SURGEON,
PRISTYN CARE



Cosmetic surgery is not just for women!

76%

of men opted for male breast reduction surgery in the age group of **21-30**

“As the boys grow up, they become inquisitive and start noticing the structural difference in their body as compared to others. Hence to look "normal" they seek medical attention and would want to do so during the peak hormonal phase.”

APPROX

7000

queries are annually received for Gynecomastia surgeries annually



DR. SANJIT GOGOI
GENERAL SURGEON,
PRISTYN CARE

Circumcision ≠ Taboo

53%

of men in the age group of **26-35** undergo circumcision



“Any problems related to the foreskin are a common cause of surgery. Circumcision reduces the chance of getting prostate cancer, viral infections like HPV and Sexually Transmitted Infections.”



DR. HARIDARSHAN SJ
GENERAL SURGEON,
PRISTYN CARE

Cataract? That's so 50s.

Wrong!

8%

of cataract cases appearing in young male adults are in the age group of **21-40**



“It's generally due to prolonged exposure to UV rays, early onset of diabetes, smoking, alcohol & other vices.”



DR. KRIPA PULSARIA
OPHTHALMOLOGIST,
PRISTYN CARE