

TRANSCRIPT OF MEDIA-OSF physician applauds SNL skit about young men not going to the doctor

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Embraces the SNL skit as a teachable moment

"So hopefully this can help encourage people to, you know, change that mindset and change the framing and letting them know that we will see you even if you have no symptoms, no issues. Preventative health is equally as important as any other aspect of health care." (:21)

Young men think they're healthier than they are.

"A good portion of men between the age of 18 and 35 are actually in probably fair to poor condition as far as like health is concerned. So I think you know, the first thing we do when you walk in the door in a primary doctor's office, we check your weight, we check your vitals and we check blood pressure, those are some really quick things that we can get, but it can tell a lot of information." (:24)

It's important to get a family medical history.

"And so you know, if your father or mother or grandmother, uncle had a condition, you could also be predisposed to that condition as well. So, we address these things, we talk about these things, and then we come up with shared decision making and figure out what to do next." (:21)

Primary care providers can be a source of truthful medical information.

"I promote people getting information, but the big thing is just then take the information and then ask, 'Hey, what's true? What's not true, or if it is, is this right for me?' If it's not right for me, because everyone is individually different, having a primary doctor really will help to cater to your individual plan."