

Many Men, Particularly Latinos, Avoid Routine Medical Care

A lack of insurance and cultural stigma are some of the barriers Latinos face when it comes to medical care, explains a UCLA urologist.

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Studies show that compared with women, men are less likely to seek routine medical care. This is particularly true of Latino men. In [an interview with UCLA Health](#), urologist Juan Andino, MD, MBA, discusses barriers to health care and the risks of neglecting one's health.

Systemic health inequities, lack of insurance, cost of care, cultural and language barriers and immigration status are some reasons Latinos may avoid scheduling [doctor](#) visits, which can lead to the development of long-term medical conditions.

Andino, a urologist at UCLA Health, said conditions such as diabetes and high blood pressure, can go undetected for years while quietly wreaking havoc. What's more, these conditions can give rise to other health issues, including [heart](#) disease and [stroke](#).

Ensuring that individuals have a health care provider that they visit regularly is important because early diagnosis is crucial when it comes to treating these conditions.

"Without knowing there is a health risk, it is impossible to begin discussing changes that may be as simple as dietary and exercise recommendations," Andino said.

He cited a report by the [Pew Research Center](#) highlighting some of the challenges Latinos face when it comes to accessing health care and timely treatment. For starters, Latinos are less likely than other Americans to have health insurance and access to preventive care.

Moreover, language barriers, limited access to interpreters and cultural [stigma](#) may discourage Latinos from seeking [routine medical checkups](#).

Discussing sexual and reproductive health can be especially difficult for Latino men.

“Machismo makes it hard for Latino men to talk about these problems. Portrayals in media rarely highlight how age and medical issues can impact sexual and reproductive health. However, by having honest conversations in the office or via telehealth, we can address this stigma and improve our quality of life,” Andino said.

To read more, click [#Routine Screening](#) or [#Stigma](#). There, you’ll find headlines such as [“\\$950K Grant to Study the Link Between Stigma, Meth, HIV and Latino Men,”](#) [“Half of People With Hepatitis Are Scared to Share Their Diagnosis”](#) and [“Report Details Latino Health Status in Georgia,”](#)

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