

P R E V E N T I O N

Men die younger than women from the top causes of death. As a result, the average woman outlives the average man by over five years. But it doesn't have to be this way. More than half of these premature deaths are preventable, along with about 60 percent of chronic diseases, and most injuries and accidents. By taking charge of your own preventative care, you can protect your health.



STEPS YOU CAN TAKE TO IMPROVE THE QUALITY AND LENGTH OF YOUR LIFE

Below is a summary of important steps you can take to improve the quality—and length—of your life.

- Eat a varied diet, rich in fruits, vegetables, whole grains, and low-fat foods.
- Be especially careful to limit cholesterol intake and avoid saturated fats.
- Moderate exercise for 30 minutes five times a week, or vigorous exercise for 20 minutes three times a week.
- Protect yourself from the sun.
- Maintain a healthy weight.
- Drink at least eight 8-ounce glasses of water per day.
- Limit alcohol to two drinks per day.
- Don't smoke, and minimize your exposure to second-hand smoke.
- See your doctor regularly.
- Know your family history and discuss it with your doctor.
- If you are over 40, get a baseline PSA (prostate specific antigen) test and monitor this periodically with your doctor.
- Wear a seatbelt whenever you're in the car, and a helmet when on a motorcycle or bicycle.
- Manage your stress.
- Get help if you need it.

Among men, more than one-half of premature deaths are preventable.

As important as it is for you to take charge of your own health and wellness, you can't do it all.

Getting regular checkups and age-appropriate screenings is a proven way to improve health and reduce premature death and disability.

On the next page you'll find a schedule of the most common screenings you should have and how often you should have them.

Remember, if you're a member of a high-risk group or have a family history of disease, talk to your health care provider about the benefits of earlier screenings.



MEN:

Get It Checked.

Checkup and Screening
Guidelines for Men



Checkups and Screenings

When?

Ages

20-39 40-49 50+

Physical Exam

Review overall health status, perform a thorough physical exam, and discuss health related topics.

Every 3 years

✓

Every 2 years

✓

Every year

✓

Blood Pressure

High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.

Every year

✓

✓

TB Skin Test

Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.

Every 5 years

✓

✓

Blood Tests & Urinalysis

Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.

Every 3 years

✓

Every 2 years

✓

Every year

✓

EKG

Electrocardiogram screens for heart abnormalities.

Baseline

Age 30

Tetanus Booster

Prevents lockjaw.

Every 10 years

✓

✓

Rectal Exam

Screens for hemorrhoids, lower rectal problems, colon and prostate cancer (see PSA Blood Test, below).

Every Year

✓

✓

PSA Blood Test

Prostate Specific Antigen (PSA) is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician.

*Some medical associations recommend that men speak to their health care providers about a baseline PSA blood test at age 40. Men at high risk, including African Americans, should consider an annual prostate exam beginning at age 40.

Every Year

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✓

Hemoccult

Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.

Every Year

✓

✓

Colorectal Health

A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.

Every 3-4 Years

✓

✓

Chest X-Ray

Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.

Discuss with a physician

✓

✓

Bone Health

Bone mineral density test. Testing is best done under the supervision of your physician.

Discuss with a physician

Age 60

Self Exams

Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.

Monthly by self

✓

✓

Testosterone Screening

Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.

Discuss with a physician

✓

✓