

MEN'S HEALTH

IT'S A GUY THING

Just as your car needs regular oil changes to run efficiently, you need regular “tune-ups” with your health care provider to keep your body running smoothly. Preventive screenings can detect most life-threatening illnesses, including cancer, heart disease and diabetes. These can be treated and managed if they're caught early.



STEPS TO GOOD HEALTH

Making small changes to your lifestyle now can add up to big results, like lowering your risk of diabetes or heart disease.

- **Be Tobacco Free**
It is never too late to quit.
- **Be Physically Active**
Even if you have an active job, you still may not be getting enough exercise to condition your cardiovascular system and reduce your risk of heart disease. If you are not already physically active, start small and work your way up to 30 minutes or more of moderate exercise most days of the week. Walking briskly, swimming and biking are a few examples.
- **Eat a Healthy Diet**
Focus on a balanced diet that includes plenty of fruits, vegetables and whole grains. Choose low-fat dairy products and lean meats, poultry, fish, beans and other protein sources. Cut back on second helpings and pay attention to portion sizes. Go easy on foods high in fat, cholesterol, salt and sugar.
- **Stay at a Healthy Weight**
Step on the scale to know your weight and measure your waist circumference. Try to balance calories consumed with the calories you burn through physical activity. Reduce your calorie consumption by 250-500 calories per day to promote gradual weight loss if needed.
- **Drink in Moderation**
Men should consume no more than two alcoholic drinks per day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.
- **Manage Your Stress**
Try to seek balance in your life and practice daily stress management. Learn when to say “no,” and avoid the “burning the candle at both ends” trap. Strive to take 20 minutes every day to do something to relax and manage your stress (exercise, read a book, take a walk).

AT-A-GLANCE RECOMMENDED EXAMS AND SCREENINGS FOR MEN				
EXAMS AND SCREENINGS	AGES 19-39	AGES 40-49	AGES 50-64	AGES 65 & OLDER
GENERAL HEALTH				
Physical Exam	Every 1-2 years	Every 1-2 years	Annually	Annually
HEART HEALTH				
Weight/Height/BMI	Every 1-2 years	Every 1-2 years	Annually	Annually
Blood Pressure	Every 1-2 years; unless elevated	Every 1-2 years; unless elevated	Annually; unless elevated	Annually; unless elevated
Lipid Screening	Every five years beginning at age 20. More frequent testing for those at risk for cardiovascular disease.			
Abdominal Aortic Aneurysm Screening	Not applicable			One time screening for males who have ever smoked.
REPRODUCTIVE HEALTH				
HIV/Sexually Transmitted Diseases Screening (gonorrhea, syphilis, herpes)	Based on risk factors			
Prostate Exam	Not applicable	Discuss risks/benefits of prostate cancer screening with your health care provider.		
IMMUNIZATIONS				
Diphtheria, Tetanus (Td/Tdap)	One time Tdap. Td booster every 10 years for all adults.			
Measles/Mumps/Rubella (MMR)	One to two doses as recommended by physician.			
Pneumococcal	Based on risk factors			One to two doses as recommended by physician.
Flu Shot	Annually	Annually	Annually	Annually
Chicken Pox (Varicella)	One series of two doses at least one month apart for adults with no history of chicken pox.			
Hepatitis A	Based on individual risk or physician recommendation: One two-dose series.			
Hepatitis B	Based on individual risk or physician recommendation: One three-dose series.			
Meningococcal	Based on individual risk or physician recommendation: One or two doses per lifetime.			
Human Papillomavirus (HPV)	For individuals age 9 to 26, one three-dose series. Dose 2 at 2 months from Dose 1. Dose 3 at 6 months from Dose 1.			
Shingles	Not applicable	Not applicable	One dose at 60 years of age and older.	
MENTAL HEALTH				
Depression Screening	Annually	Annually	Annually	Annually
DIABETES				
Blood Glucose (Sugar)	Based on risk factors	High-risk patients should be considered by their physician beginning at age 45 at 3-year intervals.		
COLORECTAL HEALTH				
Colorectal Cancer Screening	Based on risk factors	Based on risk factors	Every 1-10 years based on screening.	Based on risk factors
BONE HEALTH				
Bone Mineral Density	Not applicable			Starting at age 70, every 2 years based on risk factors.
VISION CARE				
Eye Exam	Once between the ages of 20-29, twice between the ages of 30-39.	Baseline at age 40, then every 2-4 years.	Every 2-4 years	Every 1-2 years
ORAL HEALTH				
Dental Exam	Professional cleaning and dental exam is recommended every 6 months.			