

# Men's Health: Awareness & Prevention



Individuals, families and communities work to heighten the awareness of preventable health problems, promote healthy living, and encourage early detection and treatment of disease among men and boys. Wondering how you can help?

### What Men Can Do...

- Visit their primary physician on a regular basis and/or for appropriate age/gender screenings
- Eat a variety of fruits and vegetables
- Exercise regularly to keep your heart healthy

### What Women Can Do...

- Encourage the men around you to lead healthy lives and get proper medical care
- Remind them that family members and children observe their behavior
- Get involved in an exercise program together or start playing their favorite sports

### Stay in Check

Regular checkups and age-appropriate screenings can improve your health and extend your life. Use the handy checklist below to be sure you're on track and consult your healthcare provider about the need for earlier screening.

CHECKUPS & SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
<b>Physician Exam</b> <i>Review overall health status, perform a thorough physical exam and discuss health related topics.</i>	Every 3 years	✓		
	Every 2 years		✓	
	Every year			✓
<b>Blood Pressure</b> <i>High blood pressure (Hypertension) has no symptoms, but can cause permanent damage to body organs.</i>	Every year	✓	✓	✓
<b>TB Skin Test</b> <i>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.</i>	Every 5 years	✓	✓	✓
<b>Blood Tests &amp; Urinalysis</b> <i>Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.</i>	Every 3 years	✓		
	Every 2 years		✓	
	Every year			✓
<b>Hemoccult</b> <i>Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.</i>	Every year		✓	✓
<b>Tetanus Booster</b> <i>Prevents lock jaw</i>	Every 10 years	✓	✓	✓
<b>Rectal Exam</b> <i>Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.</i>	Every year	✓	✓	✓

CHECKUPS & SCREENINGS	WHEN?	AGES		
		20-39	40-49	50+
<b>PSA Blood Test</b> <i>Prostate Specific Antigen 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.</i>	Every year		*	✓
<b>Colorectal Health</b> <i>A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps that can progress to cancer if not found early.</i>	Every year		✓	✓
<b>Bone Health</b> <i>Bone mineral density test</i>	Discuss with a physician			Age 60
<b>Self-Exams</b> <i>Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.</i>	Monthly by self	✓	✓	✓
<b>Sexually Transmitted Diseases</b> <i>Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia and other STDs.</i>	Discuss with a physician	✓	✓	✓

\*African-American men and men with a family history of prostate cancer may wish to begin prostate screening at age 40, or earlier.

Sources: [cdc.gov](http://cdc.gov) and [menshealthnetwork.org](http://menshealthnetwork.org)

