

MAINTAINING HEALTHY HABITS—including eating a nutritious diet; participating in regular physical activity; quitting smoking; and taking safety precautions—can go a long way toward ensuring one’s health and well-being. Additionally, scheduling regular physical exams and screenings is a vital component of good health. However, research indicates that despite these guidelines many men tend to put off seeking medical attention when they are sick or have health concerns. This is a dangerous tendency because many serious conditions often go undetected until diagnosed by a physician. It is important that men receive the recommended exams and screenings to detect health problems early and prevent them from progressing.

LEADING HEALTH THREATS TO MEN

Cardiovascular disease continues to be the number one killer of men in America. In fact, the American Heart Association reports that the lifetime risk of developing coronary heart disease after age 40 is 49% for men. Heart disease is followed by cancer; unintentional injuries including motor vehicle accidents, falls, and poisonings; stroke; chronic obstructive pulmonary disease; type 2 diabetes; and influenza. The good news is that these leading threats to men are in large part, preventable.

PHYSICAL EXAM AND SCREENING RECOMMENDATIONS

Even healthy adults need to schedule periodic visits with physicians. Why? Regular physical exams provide an opportunity for your doctor to assess risk factors for future conditions, offer guidance for a healthy lifestyle, and update vaccinations. Moreover, it is important to maintain a relationship with a physician so that he or she can assist you in the event of a serious illness. Additionally, age-appropriate screenings are recommended at specific times. Typically, screenings recommended for men include the following:

- Cholesterol
- Blood Pressure
- Colorectal Cancer
- Glucose/Diabetes
- Prostate Cancer
- Skin Cancer
- Depression

It is important to note that men’s health concerns generally change with age. Your doctor can recommend an individualized screening timetable based on age as well as risk factors and personal and family health history.

FOR ADDITIONAL INFORMATION REGARDING PHYSICAL EXAMS AND HEALTH SCREENINGS, CONTACT A PHYSICIAN.

MEN TAKE CONTROL OF YOUR HEALTH



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This year, an estimated 192,280 new cases of prostate cancer are expected to occur in the United States, and 27,360 men are expected to die of the disease. A brief screening may find prostate cancer before a man experiences any symptoms. To schedule a prostate cancer screening, contact your physician.



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PROSTATE CANCER: EARLY DETECTION MAY SAVE YOUR LIFE