



Calling All Men!

Women get troubling symptoms checked out more often and do more to prevent disease than men do. Yet men aren't unconcerned — they worry more than women do about colon cancer, AIDS, and liver disease. Results of a recent survey:

- » Nearly 7 million men haven't seen a doctor for a checkup in 10 or more years
- » 60% of men say they're concerned about developing heart disease or prostate cancer
- » Half the men surveyed hadn't been tested for blood cholesterol, a treatable risk factor for heart disease
- » 75% of the men hadn't been checked for colon cancer
- » Only 12% of men most at-risk for testicular cancer (those aged 25-34) had been checked for this easily detectable and treatable disease

Health Check Ups

In addition to visiting your doctor when you feel ill or have an injury, regular check ups allow your doctor to monitor your diagnostics such as blood pressure, heart rate and weight, as well as your mental health. This allows them to create a treatment plan to bring health values and mood back to healthy levels.

cancers of the breast, tongue, mouth, colon, rectum, cervix, prostate, testes, and skin can all be discovered early, when they're easier to treat.



Why Preventive Care?

Take charge of your most valuable asset—your health! Many conditions can be reversed and cancers have high survival rates if found early. That's what makes prevention and overall awareness critically important.

Seven out of ten U.S. deaths are attributed to conditions related to chronic disease. Research shows that 50% of the U.S population have a chronic illness such as heart disease, cancer, diabetes or other conditions that are classified as preventable. Screening and prevention are key and should be an important part of your health and wellness plan. What we know is:

- » Routine cardiovascular exams save more than ten thousand adult lives each year
- » Vaccinations save about 4,200 children annually
- » Life expectancy is increased with preventive care

Source: CDC, Healthy People 2020



Make sure you receive the proper screening tests to detect problems early. More than half of all new cancer cases are types which can be detected in regular screening examinations by health care professionals—

Keep up your immunizations. Shots are not just for kids. You need booster shots for tetanus and diphtheria every 10 years, and you may want to be immunized for pneumonia. If you've never had chicken pox, the shingles vaccine is available. Discuss any other vaccinations with your doctor.

Advise you on lifestyle changes which may decrease your risk. The majority of cancers are preventable, and heart disease often is, too. You and your doctor can look at lifestyle changes that can keep you healthy into old age.

Evaluate your personal risk factors for common diseases. You and your doctor should discuss your health history and also that of your family; looking for diseases and mental health issues that you may be at risk for. The American Medical Association recommends that you collect health information from including aunts and uncles, parents, brothers and sisters, nieces and nephews, and your children. Note any illnesses or health conditions, age at diagnosis, and age at death of deceased relatives. Share this with your doctor—it will give him/her a good picture of any health risks you may have inherited.

You're busy, you feel fine, and truthfully, you don't like going to the doctor. So why schedule a visit? With regular visits, good communication, and the right information, your primary care physician can:

Taking Care of Your Body and Mind

For More Information

Men's Health Network
www.menshealthnetwork.org



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- Healthy Basics*
- » Don't put off regular check ups
 - » Quit smoking
 - » Eat healthy
 - » Be active
 - » Use alcohol in moderation or not at all

When you think of preventive care, you should consider:

- » Vaccinations
- » Check-ups
- » Routine Tests and Exams



Preventive Health for Men



Men's Health

Recommendations for health screenings change frequently as more and more is learned about overall good health. If you have any questions about the type of screenings that you should get, check with your health care provider or visit www.ahrq.gov.

See a doctor regularly even if you feel fine. It is important because some diseases and health conditions don't have symptoms at first. In addition, you will learn more about your health. Men die younger than women from the top causes of death, but it doesn't have to be that way.

Take care of your health by:

- » Getting screening tests that are right for you
- » Making sure you are up to date on important shots
- » Watching for signs of health problems like diabetes and depression.
- » Eating healthy and be active
- » Actively addressing feelings of being detached or alone
- » Seeking medical attention when you need it

Compared to women, men are more likely to:

- » Smoke
- » Drink alcohol
- » Make unhealthy or risky choices
- » Put off regular checks ups and medical
- » Unique health conditions that only affect men are prostate cancer, low testosterone and infertility.

Source: USDHHS and NIH

GET IT CHECKED! Regular check ups and age-appropriate screenings can improve your health and reduce premature death and disability. They help you stay well and can find problems early, when they are easier to treat.

TEST	GENDER	AGE	FREQUENCY
Physical Exam and Blood Tests/CBC/Urinalysis	♂ ♀	20-39 40-49 50+	Every 3 years Every 2 years Every year
Dental Exam	♂ ♀	All ages	Every 6-12 months
Eye Exam	♂ ♀	All ages	Every year
Rectal Exam	♂ ♀	All ages	Every year
Blood Pressure	♂ ♀	All ages	Every year
Self Exams (skin, oral, breast/testicular - men only)	♂ ♀	All ages	Monthly
Mammogram/Clinical Breast Exam	♀	40 & over	Every year
Reproductive Health	♀	18 & over	Every 1-3 year, after 3 consecutive normal tests
Sigmoidoscopy	♂ ♀	Over 50	Every 3-5 years
Stool Blood Test	♂ ♀	Over 40	Every year
EKG/Electrocardiogram	♂ ♀	40-49 yrs 50+	Every 2 years Every year
Prostate-Specific Antigen (PSA)	♂	50 & older	Every year
Bone Health	♂ ♀	60 or older	Every 2 years
Skin Cancer Check	♂ ♀	All ages	Every 3 years
Immunizations	♂ ♀	All ages	Check with physician for schedule

The guidelines in the schedule serve as a reminder of your need to take responsibility for your health. Members of high risk groups or that have a family history of disease, should consult with their healthcare provider about their specific recommendations.

PROSTATE CANCER

Prostate cancer is the second-leading cause of cancer death in men. It is directly age-related. By age 70, about 65% of men have cancerous cells in their prostate glands. Early detection is critical—and much easier now that the PSA (prostate-specific antigen) test is available. The 5-year relative survival rate for men whose prostate cancer is diagnosed while it is still localized is 99%.

Risk Factors

- » Age 50 and over
- » African American
- » Lack of regular exercise
- » Smoking
- » High levels of male hormones
- » Family history of prostate cancer or breast cancer
- » Diet high in fat/red meat, and low in fruits/vegetables
- » Exposure to pesticides or the metal cadmium on a regular basis

Prevention and Early Detection

Digital rectal exams: The best way to detect prostate cancer is through a physician exam each year starting at age 40. The doctor feels for areas of hardness.

PSA Blood Tests: Tests should be done each year for men over age 50, or starting at 40 if you are African American or have a strong family history of prostate cancer.

Be Alert to Warning Signs: Signs like pain or burning while urinating; need to urinate frequently or urgently at night; when the stream of urine starts and stops or is weak; blood in the urine; pain in the pelvic area. Many of these symptoms may be caused by other conditions like infection or enlargement of the prostate.

Lifestyle Prevention: Prostate cancer is much more common in North America than in some other areas, which may be directly related to diet. You may be able to reduce your risk if you limit red meat and fats, drink lots of water, and get 50 IU of vitamin E daily.

TESTICULAR CANCER

Self-Exams

Testicular cancer, though uncommon, primarily strikes young men. It's nearly completely curable if found early, but it is aggressive and life-threatening if not detected. Unfortunately, embarrassment keeps many men from seeing their doctor when something seems wrong.

Testicular cancer is the most common cancer in men between ages 15 and 35, and the second most common in men between 35 and 39.

In a recent survey, only 12% of men aged 25 to 34 had been checked for testicular cancer.

Risk Factors

- » Age 15 to 40
- » Mother took estrogen during pregnancy
- » Undescended testicles
- » Family history of testicular cancer

Prevention and Early Detection

Watch for warning signs like swelling, a lump or hard mass in the testicle, feeling of heaviness or dull ache in the scrotum or lower abdomen, breast enlargement, or pain in the testicles.

Testicular Self-Exam: Beginning at puberty, and continuing through late middle age, examine each testicle with both hands once a month after a warm bath or shower. Look in the mirror for any changes. Roll each testicle between your thumb and finger, feeling for lumps or bumps. It's normal if one testicle is consistently larger than the other. If you find changes, call your doctor.

ENLARGED PROSTATE

The Other Prostate Problem

The prostate gland starts to grow bigger after age 40 in almost all men. It may press on the urethra and the neck of the bladder, making it hard to urinate. This condition affects half of men over age 50, and 80% of men in their 70's. Severe obstruction can lead to serious bladder and kidney problems.

Studies show untreated enlargement will improve in 40% of cases, remain the same in 45%, and worsen in only 15%. But when your symptoms are moderate or severe—they interfere with your sleep or daily activities—your doctor may advise treatment. In any case, it's important to get a diagnosis, since symptoms are similar to those of prostate cancer.

Prevention and Early Detection

PSA blood tests should be done each year for men over age 50, or starting at 40 if you are African American or have a strong family history of prostate cancer.

Be alert to warning signs like frequent urination, a weak urine stream, difficulty starting to urinate and dribbling at the end of urination, or a feeling that the bladder never empties. Tell your doctor.