

FOCUS ON MEN'S HEALTH



TAKE NOTICE, MEN! Although men of all ages should have routine checkups and seek preventive care or health counseling from their physicians, the majority do not. Three times as many men as women have not seen a doctor - and more than half of all men have not had a physical exam - in the previous year. Even when they do visit their doctor, men are often too embarrassed to discuss their health concerns.

Fortunately, many of the top ten cases of death and disability, as well as many of the normal changes that occur as men age, can be prevented or delayed with early diagnosis and treatment.

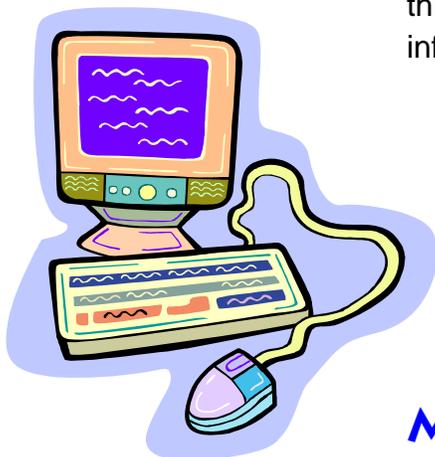
Unfortunately, it is common for men to avoid seeking routine care until they are in their 40's. The most common reasons given include additional cost, time constraints, fear of what might be discovered, lack of trust in the medical system and a general discomfort in discussing health related issues.

The following screening guidelines are suggested for healthy men without symptoms and/or already known risk factors, such as a personal or family history of a disease or condition.



- ✓ **BLOOD PRESSURE:** at every visit, or at least every 1-2 years
- ✓ **TOTAL CHOLESTEROL:** beginning at age 35, every 5 years
- ✓ **GLUCOSE (blood sugar test for diabetes):** beginning at age 45, every 3 years
- ✓ **COLON/RECTAL EXAMS:** beginning at age 50, fecal occult blood test every year, flexible sigmoidoscopy every 5 years, and colonoscopy every 10 years
- ✓ **TESTICULAR EXAM:** an exam should be done by a healthcare provider as part of a general checkup, as well as all men performing monthly testicular self-exams
- ✓ **PROSTATE:** after age 50, digital rectal exam (DRE) and prostate-specific antigen (PSA) blood test every year

In addition, making positive lifestyle choices - eating a lower fat diet, getting regular exercise, not smoking, drinking in moderation, and keeping your weight under control - are key factors for staying healthy. Early detection, prompt treatment and prevention are equal partners in maintaining good health throughout an entire lifetime. Visit the following websites for additional information:



- ✓ www.nlm.nih.gov/medlineplus/menshealthissues.html
- ✓ www.intelihealth.com
- ✓ www.cdc.gov/men
- ✓ www.4woman.gov/mens
- ✓ www.mayoclinic.com

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