

IMPROVING HEALTH FOR MEN



DO YOU RECEIVE THESE RECOMMENDED HEALTH SCREENINGS?

- YEARLY BLOOD PRESSURE READING
- CHOLESTEROL BEGINNING @ AGE 21 THEN EVERY 5 YEARS IF NORMAL
- BLOOD SUGAR BEGINNING @ AGE 45 THEN EVERY 3 YEARS IF NORMAL (EARLIER IF AT RISK)
- DENTAL EXAMINATION AND CLEANING EVERY 6 MONTHS
- VISION AND HEARING SCREENING (YEARLY AFTER AGE 60)
- MONTHLY TESTICULAR SELF EXAMINATION
- PROSTATE EXAMINATION BEGINNING AT AGE 50
- STOOL TEST FOR BLOOD ANNUALLY, SIGMOIDOSCOPY/ COLONOSCOPY EVERY 5 YEARS BEGINNING AT AGE 50
- TETANUS SHOT EVERY 10 YEARS
- YEARLY FLU SHOT BEGINNING AT AGE 50 (EARLIER IF AT RISK)
- PNEUMONIA VACCINE ONCE AFTER AGE 65 (EARLIER IF AT RISK)
- HEPATITIS B SERIES ONCE BETWEEN AGES 18-64 IF INDICATED
- BASELINE ELECTROCARDIOGRAM (EKG) OVER AGE 40 IF RECOMMENDED BY HEALTH CARE PROVIDER



MEN'S HEALTH FACTS

FACT: Men die about 6 years earlier than women

FACT: Heart disease is the biggest killer in men

FACT: Lung cancer is the number one cancer killer in men

FACT: Diabetes increases the chance of dying from heart disease

FACT: Being overweight increases the chance of developing diabetes, high blood pressure & heart disease

FACT: Smoking increases the chance of high blood pressure, heart disease, blood vessel disease, cancer of the mouth, throat, lung and lung conditions such as asthma, emphysema, and bronchitis, and osteoporosis.

Children exposed to second hand smoke are more likely to have ear infections, asthma, lung infections, as well as an increase risk of dying from SIDS (crib death).



SOME REASONS WHY ARE MEN AT HIGH RISK

- More men have no healthcare coverage
- Men have fewer physician visits each year
- More men are employed in dangerous occupations (fire fighting, construction, mining etc.)
- Men and boys have not been encouraged to be healthy
- Men have more risk-taking behaviors at younger ages

REPRODUCTIVE HEALTH/SEXUALLY TRANSMITTED DISEASES

- Talk with your health care provider about family planning, reproductive health, and contraceptive methods
- Participate jointly with partners in decisions about family planning
- Practice safer sex to reduce risk of sexually transmitted diseases/infections – limiting number of sex partners, use of condoms

DEPRESSION—NOT JUST A WOMEN’S DISEASE

Many men are affected by depression. Effective treatments are available for this disease. Talk with your health care provider if you have a constant low mood, loss of interest and enjoyment, or reduced energy and lowered activity.

Other possible signs of depression are poor concentration, lower self-confidence, ideas of guilt, a gloomy view of the future, changes in sleep patterns, poor appetite, or decreased interest in sex.

See a health care provide immediately in you have thoughts about or plan suicide.



STAY ACTIVE TO IMPROVE YOUR HEALTH

Exercise is beneficial to both the body & mind by controlling weight and blood pressure, boosting the immune system, decreasing anxiety, elevating the mood, maintaining bone health and increasing strength and flexibility, improving sleep patterns, reducing arthritis pain, helping control blood sugar, and decreasing the risk of heart disease and stroke. Research has proven that low to moderate physical activity 30 minutes-1 hour on most days per week can dramatically improve your health. Examples of low-moderate exercise includes brisk walking, swimming, yard work, dancing, bowling, gardening, tennis, bicycling, and golfing. Always check with your health care provider before beginning an exercise program.



A SIMPLE RECIPE FOR HEALTHY LIVING

- STOP SMOKING AND AVOID SECONDARY SMOKE (Ask your health department provider for assistance)
- TAKE A DAILY MULTIVITAMIN
- EXERCISE REGULARLY
- MAINTAIN A NORMAL WEIGHT, BLOOD PRESSURE, CHOLESTEROL AND BLOOD SUGAR LEVELS
- EAT AT LEAST 5 FRUITS OR VEGETABLES EVERY DAY
- LIMIT OR AVOID ALCOHOL
- SAFE PROOF YOUR HOME TO PREVENT ACCIDENTS
- STORE FIREARMS SAFELY
- HAVE A YEARLY PHYSICAL EXAMINATION
- ALWAYS USE YOUR SEATBELT AND BICYCLE/MOTORCYCLE/ATV HELMETS
- FOLLOW YOUR HEALTH CARE PROVIDER’S INSTRUCTIONS
- SET *REALISTIC* GOALS FOR YOURSELF AND HAVE SOME FUN!