

# MEN'S HEALTH!



ACCORDING TO DATA FROM THE CDC, MEN HAVE A GREATER RISK OF DEATH IN EVERY AGE GROUP AND ON AVERAGE MEN ARE DYING ABOUT 5 YEARS SOONER THAN WOMEN

## Leading Health Risks Among Men

1. Heart Disease
2. Cancer
3. Unintentional Injuries
4. Chronic Lower Respiratory Diseases
5. Stroke
6. Diabetes
7. Alzheimer's Disease
8. Suicide
9. Influenza and Pneumonia
10. Chronic Liver Disease

According to a 2017 study by the CDC

## PRIORITIZE PREVENTION!

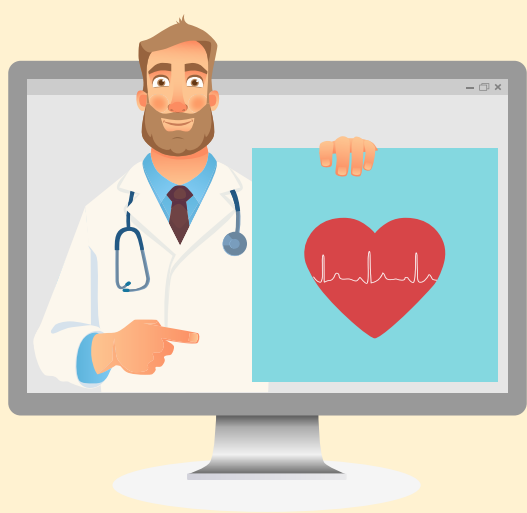


### 1) Eat a Balanced Diet

GOOD HEALTH STARTS WITH GOOD NUTRITION. INCLUDE FRUITS AND VEGETABLES IN YOUR DIET TO GET THE VITAMINS AND MINERALS YOU NEED

### 2) Stay Active!

TAKE A WALK AFTER DINNER, TAKE THE STAIRS INSTEAD OF THE ELEVATOR, DO SOME GARDENING, OR PLAY SPORTS WITH YOUR FAMILY!



### 3) Get Health Screenings

RECOGNIZING SYMPTOMS IS AN IMPORTANT PART OF PREVENTION. HEALTH RISKS INCREASE WITH AGE. ASK YOUR DOCTOR ABOUT THE LEADING CONCERNS IN YOUR AGE GROUP

Lestonnac Orange Clinic sees only half as many male patients as female patients!

**Help us spread the word by sharing this information with other men in your life!**

"Recognizing and preventing men's health problems is not just a man's issue...  
Men's health is truly a family issue."

CONGRESSMAN BILL RICHARDSON

# MEN'S HEALTH



## What should you get checked every year?

- **STD screening:** If you are sexually active or changing sexual partners STD screenings will protect you and others.
- **Blood pressure:** Irregular blood pressure is a risk factor for many conditions that come with age.

## 20'S AND 30'S CHECKLIST

- Physical Exam at least every 3 years
- Blood Tests and Urinalysis every 3 years
  - Screens for cholesterol, diabetes, kidney or thyroid dysfunction
- Testicular exam
  - Screens for testicular cancer which is the most common cancer in American males between the ages of 15 and 35.



## 40'S AND 50'S CHECKLIST

- Physical exam every 1-2 years.
- Blood Tests and Urinalysis every 2 years
  - Screens for cholesterol, diabetes, kidney or thyroid dysfunction
- PSA test and Rectal Exam every year for men 45 years and older
  - Screens for infections, colon and prostate cancer
- EKG every 1-2 years
  - Screen for heart abnormalities
- Colonoscopy every 10 years for men 50 years and older
  - Screens for colorectal cancer



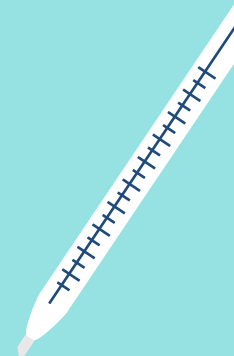
## 60'S AND BEYOND CHECKLIST

- Physical exam every 1-2 years.
- Blood Tests and Urinalysis every year
  - Screens for cholesterol, diabetes, kidney or thyroid dysfunction
- PSA test and Rectal Exam every year
  - Screens for infections, colon and prostate cancer
- EKG every year
  - Screen for heart abnormalities
- Colonoscopy every 10 years
  - Screens for colorectal cancer



## STD AWARENESS FOR MEN

- Chlamydia, Gonorrhea, Genital Herpes and Warts are common STDs
  - Many STDs do not produce any symptoms or signs. That is why getting screened is crucial.
- Oral sex is NOT risk-free. Many STDs can be transmitted during oral sex, like syphilis, herpes, and gonorrhea.



## VACCINES

- Flu shot, Influenza, every year
- Tetanus booster, Tdap every 10 years
- Human papillomavirus (HPV) Vaccine
  - The CDC recommends vaccine for all adults up to 26 years old. Consult your doctor if you're 26+ years old.
- Shingles vaccine at age 50
- Two pneumonia vaccines, starting at age 65

