

# LIFESTYLE

## LESSONS



## Preventive Health Care for Men

Preventive care, including regular doctor visits, is important for everyone. There are certain tests and screenings that are appropriate for both men and women at various life stages, and some that are specific to men and their unique needs. Consider incorporating these screenings, tests and exams into your life to promote good health and avoid the onset of preventable conditions.



- **Blood pressure tests**—Men should have their blood pressure taken at least every two years to detect early signs of hypertension (high blood pressure).
- **Cholesterol tests**—Men should have a cholesterol test every five years after the age of 20. High levels of cholesterol raise the risk of heart attack and stroke.
- **Blood sugar tests**—Men should have a blood sugar test every three years after the age of 45 to measure a risk for diabetes.
- **Colorectal cancer screenings**—Men should have a colorectal screening (such as a colonoscopy) to detect cancerous cells and growths within of the colon after the age of 50.
- **Prostate cancer screenings**—Men over the age of 50 should have a yearly digital rectal exam and prostate screening test.
- **Testicular cancer exams**—All teenage males and adult men should have a testicular exam every time they visit the doctor for a physical exam.



### Healthy Hints

Both men and women should have regular biannual dental visits to have their teeth cleaned and check for problems with their teeth and gums. In addition, adults should have regular eye exams, as well as a hearing test every 10 years before the age of 50 and every three years after the age of 50.

For additional lifestyle and well-being guidance, contact us today.