

# Men's Guide to Staying Healthy: Tips for Men of All Ages

Regular checkups and preventive screenings can help you find out about potential health problems you may have. Review the following guidelines for men at average risk and discuss them with your doctor. If you have risk factors for a disease or a diagnosed condition, the recommendations below might not apply to you; talk to your provider about when you should have these tests.



Health and Wellness

## Preventive Screenings for Men

The U.S. Preventive Services Task Force (USPSTF) recommends that men get regular screenings for certain diseases and medical conditions. Talk to your health care provider if you have questions about which screenings are appropriate for you.

- **Blood pressure check.** Have your blood pressure checked beginning at age 18. Adults ages 18 to 39 with average risk should be screened every three to five years. Adults ages 40 years and older and those with an increased risk of high blood pressure should be screened every year.
- **Cholesterol test.** Talk to your doctor about your risks and how often you need your cholesterol checked, especially if you are overweight/obese, have diabetes or have a family history of high cholesterol.
- **Colorectal cancer screenings.** Have a test for colorectal cancer starting at age 45, or earlier if you have a family history. Several tests can detect this type of cancer. Your doctor can help you decide which test is right for you, as well as the frequency of testing.
- **Diabetes test.** Start screening for type 2 diabetes at age 40 if you are overweight, obese or have other risk factors such as a family history of diabetes.
- **Eye exam.** If your eyes are healthy, you should have a complete eye exam at least once between the ages of 20 and 29 and at least twice between the ages of 30 and 39, according to the American Academy of Ophthalmology. Have a baseline eye exam at age 40 and talk to your doctor about how often you should schedule follow-up exams.
- **Prostate exam.** The U.S. Preventive Services Task Force recommends men ages 55 to 69 discuss undergoing a periodic prostate-specific antigen (PSA)-based screening for prostate cancer with their clinician. They recommend against PSA-based screening for prostate cancer in men age 70 years and older.

- **Skin exam.** Each time you have a checkup, talk to your doctor about your risk and examine your own skin regularly, reporting any changes to your doctor right away.
- **Testicular cancer screenings.** Learn the signs of testicular cancer and conduct self-exams at home. Talk to your doctor if you find anything unusual.
- **Test for sexually transmitted diseases/infections.** Have tests for sexually transmitted diseases if you are sexually active and if you and your partner are not monogamous.

## Healthy Lifestyle

By making just a few simple healthy lifestyle choices, you can make a significant impact on your current and future health. Consider some of these recommendations from the Agency for Healthcare Research and Quality:

**Follow a healthy diet.** Eat a variety of foods, including fruits, vegetables, whole grains and protein. Limit the amount of saturated and trans fats, salt, refined grains (e.g., cookies, white bread, etc.) and added sugars you eat.

**Don't smoke or use tobacco.** If you do, talk to your doctor about how to quit.

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# Men's Guide to Staying Healthy: Tips for Men of All Ages *(continued)*

**Be physically active.** Pick an activity you enjoy and stick with it. Aim for at least 30 minutes on most days. Start slowly and work up to two hours and 30 minutes of moderate activity each week.

**Reach and maintain a healthy weight.** Balance the number of calories you eat with the number you burn off in daily activities. To lose weight, eat less and exercise more.

**Drink in moderation.** If you drink alcohol, have no more than two drinks a day. A drink is 12 ounces of beer, 5 ounce of wine or 1.5 ounces of distilled spirits.

**Practice safe sex.** Use a latex condom each time you have sex.

**Have regular checkups.** Men are more likely than women to put off regular checkups and medical care. See your doctor on a regular basis to protect your health.

Sources:

[www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org)

[www.cdc.gov](http://www.cdc.gov)

[www.healthfinder.gov](http://www.healthfinder.gov)

[screeningforprostatecancer.org](http://screeningforprostatecancer.org)

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