

Staying Healthy At Any Age for Men!

What can you do to stay healthy and prevent disease?

You can get certain screening tests, take preventive medicine if you need it, and practice healthy behaviors. Top health experts from the U.S. Preventive Services Task Force suggest that when you go for your next checkup, talk to your doctor or nurse about how you can stay healthy no matter what your age.

Screening Tests: What You Need and When

Screening tests, such as colorectal cancer tests, can find diseases early when they are easier to treat. Some men need certain screening tests earlier, or more often, than others.

Talk to your doctor about which of the tests listed below are right for you, when you should have them, and how often.

Cholesterol Checks:

Have your cholesterol checked at least every 5 years, starting at age 35. If you smoke, have diabetes, or if heart disease runs in your family, start having your cholesterol checked at age 20.

Blood Pressure:

Have your blood pressure checked at least every 2 years.

Colorectal Cancer Tests:

Begin regular screening for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. How often you need to be tested will depend on which test you have.

Diabetes Tests:

Have a test to screen for diabetes if you have high blood pressure or high cholesterol.

Depression:

If you've felt "down," sad, or hopeless, and have felt little interest or pleasure in doing things for two weeks straight, talk to your doctor about whether he or she can screen you for depression.

Sexually Transmitted Diseases:

Talk to your doctor to see whether you should be screened for sexually transmitted diseases, such as HIV.

Prostate Cancer Screening:

Talk to your doctor about the possible benefits and harms of prostate cancer screening if you are considering having a prostate-specific antigen (PSA) test or digital rectal examination (DRE).

Should You Take Medicines to prevent Disease?


Aspirin:

Talk to your doctor about taking-aspirin to prevent heart disease if you are older than 40, or if you are younger than 40 and have high blood pressure, high cholesterol, diabetes, or if you smoke.

Immunizations:

Stay up-to-date with your immunizations. Have a flu shot every year starting at age 50. Have a tetanus-diphtheria shot every 10 years. Have a pneumonia shot once at age 65 (you may need it earlier if you have certain health problems, such as lung disease). Talk to your doctor to see whether you need hepatitis B shots.

| | The last time I had the following screening test was: (mm/yy) | I should schedule my next test for: (mm/yy) |
|-------------------------|--|--|
| Cholesterol | | |
| Blood Pressure | | |
| Colorectal Tests | | |
| Diabetes Test | | |
| Prostate (PSA) | | |
| Other: _____ | | |

Distributed by:

PULSE of America Inc.
 Persons United Limiting Substandards and Errors
 in Healthcare

1-800-96PULSE - www.PULSEAmerica.or