

Preventive Care of Adults 19+ Patient Information

ROCHESTER COMMUNITY PRACTICE GUIDELINE

MEN: STAY HEALTHY AT ANY AGE CHECKLIST FOR YOUR NEXT CHECKUP

What can you do to stay healthy and prevent disease? You can practice healthy behaviors, take medicines as prescribed, and get certain screening tests. When you go for your next checkup, talk to your primary care physician (PCP) 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 every 5 years, starting 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 2 weeks straight, talk to your doctor about whether he or she can evaluate 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).
- **Abdominal Aortic Aneurysm Screening:** If you have ever smoked, an ultrasound is recommended between age 65 and 75 to check for aneurysms. (An aneurysm is a bulge in an artery wall.)

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.

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- **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 (or a single booster at age 50).
 - ◆ 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.

WHAT ELSE CAN YOU DO TO STAY HEALTHY?

- **Don't Smoke:** But if you do smoke, talk to your doctor about quitting. You can take medicine and get counseling to help you quit. Make a plan and set a quit date. Tell your family, friends, and co-workers you are quitting. Ask for their support.
- **Eat a Healthy Diet:** Eat a variety of foods, including fruit, vegetables, animal or vegetable protein (such as meat, fish, chicken, eggs, beans, lentils, tofu, or tempeh) and grains (such as rice). Limit the amount of saturated fat you eat.
- **Be Physically Active:** Walk, dance, ride a bike, rake leaves, or do any other physical activity you enjoy. Start small and work up to a total of 20-30 minutes most days of the week.
- **Stay at a Healthy Weight:** Balance the number of calories you eat with the number you burn off by your activities. Remember to watch portion sizes. Talk to your doctor if you have questions about what or how much to eat.
- **Drink Alcohol Only in Moderation:** If you drink alcohol, have no more than 2 drinks a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

References:

- U.S. Department of Health and Human Services, Agency for Healthcare Research and Quality, AHRQ Publication No. APPIP03-0008, January 2004
- The Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III, or ATP III) 2002.