

Men's Guidelines for Health

Use this chart to help guide your checkups with your healthcare provider. This information was compiled from recommendations made by various healthcare organizations and generally applies to healthy individuals without a specific disease or additional risk factors. Because recommendations can vary depending on your situation, **be sure to talk with your physician to discuss and understand your personal health guidelines.** These include a personal or family history of heart disease or stroke, cancer, thyroid disease, diabetes, glaucoma, high cholesterol, osteoporosis, and other important medical conditions.

TEST	RECOMMENDED GUIDELINES
Weight	Annually
Blood Pressure	At least every 1-2 years
Cholesterol	At least once every 5 years
Immunizations	Tetanus-diphtheria: Every 10 years Influenza: Annually
Prostate Cancer Screening	Discuss with provider the limitations and benefits of screening PSA and digital rectal exam.
Testicular Exam	As part of routine exam
Colon Cancer Screening	Annual stool blood test and flexible sigmoidoscopy every 5 years OR Colonoscopy every 10 years
Diabetes Screening	Every 3 years or per healthcare provider
Eye Exam	Every 2-4 years as indicated

These recommendations are compiled from multiple local and national sources, which may sometimes vary in their specific details. Risk factors may also change recommendations. Discuss with your physician and understand how these recommendations apply to your individual health profile. January 2002.

Know Your Risk for Prostate Cancer

Prostate cancer is the most frequently diagnosed cancer in men in the United States. Risk factors include increasing age, African American race, and a family history. Talk to your physician about your risk factors and prostate cancer screening options including annual digital rectal examinations and prostate specific antigen testing.

Prevention of Colon Cancer

Colorectal cancer is one of the most common cancers in both men and women. Approximately 131,000 new cases are expected in the United States this year. Key risk factors for colorectal cancer include a family history of colon cancer, and individuals with chronic inflammatory bowel disease (Crohn's Colitis and Ulcerative Colitis). The American College of Gastroenterology now recommends either a total colon exam by colonoscopy every ten years, or annual stool blood tests and a flexible sigmoidoscopy every five years. Talk to your physician about your risk factors and screening options.

The information on this card is not intended as medical advice and is not meant to be a substitute for individual medical judgment by a physician or other medical healthcare professional. The aim is to provide information and help in establishing guidelines for preventive care. Remember, always consult a healthcare provider for individualized advice on your health decisions.

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