

## 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
Testicular Exam	Monthly self-exam 20-39 years: Every 1-3 years per healthcare provider Age 40 and older: As part of routine exam
Diabetes Screening	Every 3 years or per healthcare provider
Eye Exam	Over age 40: 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.*

## Changes for a Healthier Lifestyle

Poor nutrition, a sedentary lifestyle, and being overweight are associated with a host of health problems, including heart disease, stroke, diabetes mellitus, and certain cancers. Making lifestyle changes now can help prevent these diseases and could help reduce the risk of premature death. The key, of course, is committing to lifestyle modifications for the long term.

- Don't smoke
- Even modest amounts of weight loss can help decrease the risk of most diseases associated with obesity
- Aim for a diet that is low in fat and sodium and high in fiber
- Regular exercise not only reduces stress and helps promote weight loss but can help reduce the risk of cardiovascular disease, improve musculoskeletal functioning, and help prevent diabetes and bone loss associated with aging
- Limit your alcohol intake

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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