

TIPS FOR LEADING HEALTHY LIVES

You can take some simple steps to support your health and your future. Here are a few recommendations:

- **Eat healthy**
- **Stay at a healthy weight**
- **Get moving**
- **Be smoke-free**
- **Get routine exams, immunizations and screenings**
- **Take any medications you need**
- **Avoid heavy drinking**
- **Manage stress**
- **Get enough sleep**
- **Know your risks**

HEALTH DISEASE FACTS IN MEN

Preventive services are important for everyone, especially for older adults. This is because your risk for health problems increases as you age. By preventing problems, or identifying them at an early stage, you are more likely to live a longer, healthier, and more satisfying life.

- Heart disease is the leading cause of death for men in the United States, killing 321,000 men in 2013—that's **1 in every 4** male deaths.
- Heart disease is the **leading** cause of death for men of most racial/ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.
- About 8.5% of all white men, 7.9% of black men, and 6.3% of Mexican American men have coronary heart disease.
- **Half** of the men who die suddenly of coronary heart disease have **no previous symptoms**. Even if you have no symptoms, you may still be at risk for heart disease.
- Between **70%** and **89%** of sudden cardiac events occur in men.

HEART DISEASE RISK FACTORS

High blood pressure, high LDL cholesterol, and smoking are key risk factors for heart disease. About half of Americans (49%) have at least one of these three risk factors.

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- **Diabetes**
- **Overweight and obesity**
- **Poor diet**
- **Physical inactivity**
- **Excessive alcohol use**

PROSTATE CANCER

What is prostate cancer screening?

A prostate cancer screening is a test that your doctor uses to look for prostate cancer before you have any symptoms. The two types of prostate cancer screening tests are the digital rectal exam (DRE) and the prostate-specific antigen (PSA) test.

The U.S. Preventive Services Task Force and the American Academy of Family Physicians (AAFP) recommend against routine prostate cancer screening for all men, regardless of age. Based on evidence from research studies, prostate cancer screening — and especially the PSA test — may cause more harm than good for most men. Some medical organizations, including the U.S. Preventive Services Task Force and the AAFP, recommend against routine PSA testing for men of all ages.

How do I make a decision?

Ultimately, the choice is yours. If you're thinking about being screened for prostate cancer, talk to your doctor. Consider the pros and cons of screening, your health and individual risk factors, your preferences regarding diagnosis and treatment, and your doctor's opinion and advice.

SCREENING TESTS FOR MEN

The following guidelines are recommended by the U.S. Preventive Services Task Force. Ask your doctor or nurse if you don't understand why a certain test is recommended for you.

Abdominal aortic aneurysm screening

- Get this one-time screening if you are age 65 to 75 and have ever smoked.

Blood pressure test

- Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).
- Get tested once a year if you have blood pressure between 120/80 and 139/89.
- Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.

Cholesterol test

- Starting at age 20 until age 35, get a cholesterol test if you are at increased risk for heart disease.
- Starting at age 35 and older, get a cholesterol test regularly. Ask your doctor or nurse how often you need your cholesterol tested.

Colorectal cancer screening (using fecal occult blood testing, sigmoidoscopy, or colonoscopy)

- Starting at age 50 and through age 75, get screened for colorectal cancer. Talk to your doctor or nurse about which screening test is best for you and how often you need it.

Diabetes screening

- Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.

HIV test

- Get tested if you are at increased risk for HIV. Discuss your risk with your doctor or nurse.

Syphilis screening

- Get tested for syphilis if you are at increased risk.



REFERENCES

All information sourced from FamilyDoctor.org, a resource operated by the American Academy of Family Physicians (AAFP), and Womenshealth.gov