



## Preventive Medicines

### Aspirin

If you are 45 or older, taking aspirin every day could lower your risk of heart attack. Talk with your doctor about whether daily aspirin is right for you.

### Immunizations

- Get a flu shot every year.
- If you are 60 or older, get a shot to prevent shingles.
- If you are 65 or older, get a pneumonia shot.
- Get a shot for tetanus, diphtheria, and whooping cough. Get a tetanus booster if it has been more than ten years since your last shot.
- Talk with your doctor about whether you personally need other vaccinations.

## Men's Health & Wellness

Most men need to pay more attention to their health. Compared to women, men are more likely to:

- Smoke and/or drink.
- Make unhealthy or risky choices.
- Put off regular checkups and medical care.

Men should visit their health care provider regularly, even if they feel healthy. The purpose of these visits is to:

- Screen for medical issues.
- Assess risk of future medical problems.
- Encourage a healthy lifestyle.
- Update vaccinations.
- Help you get to know your provider in case of an illness.

Keeping up with annual checkups can help you avoid problems in the future. For example, the only way to find out if you have high blood pressure is to have it checked regularly. According to the Centers for Disease Control and Prevention, approximately 33 percent of males over the age of 20 have high blood pressure. High blood sugar and high cholesterol levels may not have any symptoms in the early stages, and simple blood tests can check for these conditions.

The good news is that you can start taking better care of your health today. It's not too late to start healthier habits. Make eating healthy and getting active part of your daily routine. A healthy diet and regular physical activity can help lower your blood pressure, blood sugar, cholesterol, and weight. Begin by making a few changes every day, as small changes can add up to big results like lowering your risk of type 2 diabetes or heart disease. Try some of these tips to begin making health-conscious decisions in your life:

- Take a walk instead of having a cigarette
- Try a green salad instead of fries
- Drink water instead of soda or juice
- Reduce the sodium in your diet

Fight the urge to smoke or use tobacco. Smoking even a few cigarettes per day and being around secondhand smoke can hurt your and your family's health. The only safe choice is to quit completely.

If you drink alcohol, have no more than two drinks per day if you are 65 or younger. If you are older than 65, have no more than one drink per 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.

Screenings are medical tests that doctors use to check for diseases before there are any symptoms. Screenings help find diseases early, when they may be easier to treat. Depending on your insurance plan, you may be able to get screenings at no cost to you. Look at the Checkup and Screening Guidelines for Men on the next page, set-up an appointment with your Primary Care Physician, and take charge of your health today.

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# A Friendly Reminder from Connect Care3...



## MEN: Get It Checked.

Checkup and Screening  
Guidelines for Men



Checkups and Screenings	When?	Ages		
		20-39	40-49	50+
<b>Physical Exam</b> Review overall health status, perform a thorough physical exam, and discuss health related topics.	Every 3 years Every 2 years Every year	✓	✓	✓
<b>Blood Pressure</b> High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
<b>TB Skin Test</b> Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
<b>Blood Tests &amp; Urinalysis</b> Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	✓	✓	✓
<b>EKG</b> Electrocardiogram screens for heart abnormalities.	Baseline Every 2 years Every year	Age 30	✓	✓
<b>Tetanus Booster</b> Prevents lockjaw.	Every 10 years	✓	✓	✓
<b>Rectal Exam</b> Screens for hemorrhoids, lower rectal problems, colon and prostate cancer (see PSA Blood Test, below).	Every Year	✓	✓	✓
<b>PSA Blood Test</b> Prostate Specific Antigen (PSA) is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician. <small>*Some medical associations recommend that men speak to their health care providers about a baseline PSA blood test at age 40. Men at high risk, including African Americans, should consider an annual prostate exam beginning at age 40.</small>	Every Year		*	✓
<b>Hemoccult</b> Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every Year		✓	✓
<b>Colorectal Health</b> A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 Years			✓
<b>Chest X-Ray</b> Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		✓	✓
<b>Bone Health</b> Bone mineral density test. Testing is best done under the supervision of your physician.	Discuss with a physician			Age 60
<b>Self Exams</b> Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self	✓	✓	✓
<b>Testosterone Screening</b> Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician		✓	✓
<b>Sexually Transmitted Diseases (STDs)</b> Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, HIV, and other STDs.	Under physician supervision	✓	✓	✓

Men's Health Network does not provide medical services but provides this maintenance schedule as a reminder of your need to take responsibility for safeguarding your health. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should consult your health care provider to determine if these screenings are right for you and about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease.

For more information about men's health, contact: Men's Health Network: 202-543-MHN-1, [www.menshealthnetwork.org](http://www.menshealthnetwork.org)

