



Take Care of YOU

A Health and Wellness Bulletin | June 2024



Men's Health

Recommended Health Screenings for Men by Age

20s and 30s:

- Blood pressure
- Cholesterol
- Testicular cancer (self-exam)
- Mental health
- Tobacco, alcohol, drug use
- Sexually transmitted infections (STIs)

40s — all of the above, plus:

- Type 2 diabetes
- Prostate health
- Obesity
- Skin health

50s+ — all of the above, plus:

- Colorectal cancer
- Prostate cancer
- Osteoporosis
- Lung cancer (if history of smoking)
- Clinical breast exam (CBE)

Those who show symptoms of illness fall outside these guidelines and should be screened and treated accordingly.

June is Men's Health Month, a time to raise awareness about preventable health issues and encourage early detection of diseases among men and boys. Many men tend to avoid preventive healthcare, which increases their risk of health problems later in life. Promoting overall health and wellness from a young age can help men take steps to prevent health risks.

Some common health risks among aging men include an enlarged prostate, or Benign Prostatic Hyperplasia (BPH); colon cancer, which is preventable and treatable if caught early; and prostate cancer, which is one of the slowest-growing and most treatable cancers. Other [preventive health screenings](#) and [well-male examinations](#) are vital at various stages of life and provide primary care physicians the chance to assess a man's health, identify concerns, and provide guidance for optimal well-being.

Dreading doctor visits is common among men due to cultural stigmas, fear and anxiety, lack of awareness, convenience issues, negative past experiences, or financial concerns. However, overcoming this avoidance of preventive healthcare is the first step toward a healthier, longer life. If certain topics are sensitive or uncomfortable to discuss, telling your doctor, "This is difficult for me to discuss," can ease the conversation. Preparing a list of questions and concerns to discuss with your doctor can also help facilitate open communication. For those hesitant about in-person visits, telemedicine offers a convenient alternative for some preventive care.

Rather than treating healthcare as a response to problems, proactively incorporating health and wellness into daily life can significantly improve your quality of life. This includes regular physical activity, a balanced diet, mental health care, and routine medical check-ups.

Remember: Early detection saves lives. Make an appointment today, and encourage the boys and men in your life to do the same.