



Men:

Stay Healthy at Any Age

Get the screenings you need

Screenings are tests that look for diseases before you have symptoms. Blood pressure checks and tests for high cholesterol are examples of screenings. You can get some screenings, such as blood pressure readings, in your health care provider's office. Others, such as colonoscopy, a test for colorectal cancer, need special equipment, so you may need to go to a different office.

Abdominal aortic aneurysm

If you are between the ages of 65 and 75 and have ever been a smoker, talk to your health care provider about being screened for abdominal aortic aneurysm (AAA). AAA is a bulging in your abdominal aorta, the largest artery in your body. An AAA may burst, which can cause dangerous bleeding and death.

Colorectal cancer

Have a screening test for colorectal cancer starting at age 50. If you have a family history of colorectal cancer, you may need to be screened earlier. Several different tests can detect this cancer. Your health care provider can help you decide which is best for you.

Depression

Your emotional health is as important as your physical health. Talk to your health care provider about being screened for depression especially if during the last 2 weeks:

- You have felt down, sad, or hopeless.
- You have felt little interest or pleasure in doing things.

Diabetes

Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medication for high blood pressure. Diabetes (high blood sugar) can cause problems with your heart, brain, eyes, feet, kidneys, nerves, and other body parts.

High blood pressure

Starting at age 18, have your blood pressure checked every 2 years. High blood pressure is 140/90 or higher. High blood pressure can cause strokes, heart attacks, kidney disease, eye problems, and heart failure.

Use this information to help you stay healthy. Learn about which screening tests to get, whether you need medicines to prevent diseases, and steps you can take for good health.

After a screening test, ask when you will see the results and who you should talk to about them.

It's Your Body!
You know your body better than anyone else. Always tell your health care provider about any changes in your health, including your vision and hearing. Ask them about being checked for any condition that may concern you (prostate cancer or skin cancer, for example).





High cholesterol

If you are 35 or older, have your cholesterol checked. Have your cholesterol checked starting at age 20 if:

- You use tobacco.
- You are obese.
- You have diabetes or high blood pressure.
- You have a personal history of heart disease or blocked arteries.
- A man in your family had a heart attack before age 50, or a woman before age 60.

HIV

Talk with your health care team about HIV screening if any of these apply to you:

- You have had unprotected sex with multiple partners.
- You have sex with men.
- You use or have used injection drugs.
- You exchange sex for money or drugs or have sex partners who do.
- You have or had a sex partner who is HIV infected or injects drugs.
- You are being treated for a sexually transmitted disease.
- You had a blood transfusion between 1978 and 1985.
- You have any other concerns.

Syphilis

Ask your health care provider whether you should be screened for syphilis.

Overweight and obesity

The best way to learn if you are overweight or obese is to find your body mass index (BMI). You can find your BMI by entering your height and weight into a BMI calculator. Visit www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm

A BMI between 18.5 and 25 indicates a normal weight. Persons with a BMI of 30 or higher may be obese. If you are obese, talk to your health care provider about seeking intensive counseling and getting help with changing your behaviors to lose weight. Overweight and obesity can lead to diabetes and cardiovascular disease.

Get to a healthy weight and stay there.

Balance the calories you take in from food and drink with the calories you burn off by your activities.

Be tobacco free

For tips on how to quit, visit www.smokefree.gov

If you drink alcohol, have no more than 2 drinks per day if you are 65 or younger. If you are older than 65, have no more than 1 drink a 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.

Take preventive medicines if you need them

Aspirin

If you are 45 or older, ask your health care team if you should take aspirin to prevent heart disease.

Immunizations

- Get a flu shot every year.
- If you are 65 or older, get a pneumonia shot.
- Depending on health problems, you may need a pneumonia shot at a younger age or need shots to prevent diseases like whooping cough or shingles.
- Talk with your health care provider about whether you need vaccinations. You can also find which ones you need at www2.cdc.gov/nip/adultimmsched