



## MEN'S HEALTH AWARENESS MONTH

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### Men's Health Month is all About Awareness, Promotion, Education, and Family.

It is important to take care of your health, and that starts with understanding your health risks and recommended screenings at each stage of your life.

You should visit your health care provider regularly, even if you feel healthy. The purpose of these visits is to:

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

### 40s & 50s Men's Health Checklist



- **Primary care visit:**  
At least once a year or as needed.
- **Routine blood test screening:**  
Once a year or as often as needed.
- **Colonoscopy:** screening at age 45 or earlier if there family history.
- **Prostate cancer screening:**  
Once a year starting at age 55, or at 45 if you have a family history of prostate cancer. 45 years of age for African American men.
- **Skin cancer screening:** Once a year or more if there is a family history of cancer.
- **Cardiology screening:** At least once a year or more if there is a family history.

Annual exams & testing can save your life whether you are 21 or 65.

### 20s & 30s Men's Health Checklist



- **Primary care visit:**  
At least once a year or as needed.
- **Urine test screening:** Your doctor may recommend a urine test as needed to check your kidney function, liver, and diabetes.
- **Blood test screening:** Once a year to assess your risk for conditions like diabetes, kidney disorders, and heart disease.

### 60s & Older Men's Health Checklist



- **Primary care visit:**  
At least once a year or as needed.
- **Routine blood test screening:**  
Once a year or as often as needed.
- **Colonoscopy:** Once every 10 years after turning 45 or more if there is a family history of cancer.
- **Prostate cancer screening:** Once a year.
- **Skin cancer screening:** Once a year or more if there is a family history of cancer.
- **Cardiology screening:** Once a year or more if there is a family history.



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### DID YOU KNOW...

Men are less likely to see their healthcare provider about a health issue than women.

You're doctor is your partner in health! Book that Appointment!

### DID YOU KNOW...

The leading cancer in men is prostate cancer.

All men are at risk for prostate cancer, which is easily detected and highly treatable when diagnosed early.

### DID YOU KNOW...

Partly due to health behaviors, men have a shorter life expectancy than women. Men are currently expected to live **5 fewer years than women, on average.**

So if anyone asks why we need a month for men's health, this disparity in lifespan should speak for itself—men simply aren't as healthy as they could be, and it's time to fix that.

## HEALTHY LIFESTYLE TIPS

### **Maintain a Healthy Weight**

Can help you from developing long-term health issue like diabetes, high blood pressure, arthritis and sleep apnea.

### **Quit Smoking**

Stopping smoking now can reduce your risk of cancer and other diseases.

### **Establish Good Habits**

Figure out health routines that keep you active and eating healthy that will help you on a path for better health long-term.

### **Make the Appointment**

It's important to get regular check-ups to help your doctor establish your health history.

### **Manage Stress**

As you get older responsibilities can become stressful. Find healthy ways to decompress to make sure stress doesn't impact your health.

### **Stay Flexible**

Try adding yoga or other exercises that help you maintain flexibility.

### **Find Fun Ways to Stay Fit**

Stay connected to low-impact activities that keep your body moving like tennis, golf or yoga.

### **Sleep**

Get 7-9 hours of sleep a night.

### **Add Omega-3 to Your Diet**

Adding fish, peanut butter, eggs and flaxseed to your diet can help slow your cell's aging process.