

# Men's Health

*Increasing awareness of health problems that can be prevented among men and encourage men and boys to get early detection and treatment of disease and injury.*

## 6 health tests men need

Here are 6 essential screening tests all men should receive during their lifetime, according to pathologist and men's health expert Dr. Thomas Wheeler, Baylor College of Medicine.

- 1. Prostate cancer:** The prostate specific antigen (PSA) test was developed to help detect prostate cancer in men, but experts now disagree about treating the cancer if detected. Men, starting at age 50, should speak with their docs about the pros and cons of screening. For those in high-risk categories, this conversation should begin at age 45 or earlier.
- 2. Blood pressure:** It's a simple and painless test for the "silent killer." Why? Because high blood pressure has no symptoms. Often, simple diet changes and regular exercise can lower blood pressure. If not, the medications to control blood pressure are well tolerated and do not cost a lot.
- 3. Cholesterol:** A cholesterol test also is a simple screening test and is advised for men at least every 5 years, or yearly if abnormal.
- 4. Colon cancer:** This is the third most common cancer in Americans. Beginning at age 50, men should be screened for precancerous polyps and colon cancer. Screening tests include the fecal occult blood test, flexible sigmoidoscopy and colonoscopy.
- 5. Skin cancer:** Limiting sun exposure and receiving regular check-ups can help men avoid this common cancer including melanoma – a potentially deadly form.
- 6. Diabetes:** Men 45 years and older should be tested for type 2 diabetes every 3 years. Common screening blood tests are fasting glucose and hemoglobin A1c. Diabetes can be detected early before complications of more advanced disease set in.



## HEALTH FACTS

**Men die**  
**AT HIGHER RATES THAN**  
**women**  
 from the top 10  
 causes of death.

Men are the  
**VICTIMS**  
 of over  
**92%**  
 of workplace  
 deaths.

*Source: Bureau of Labor Statistics*

In 1920, women  
**LIVED**, on average,  
 one year longer than men.  
 Now, men, on average,  
**DIE** almost  
**5 YEARS**  
 earlier than women.

*Source: CDC*

## Prevention:

Women are **100%** more likely to visit the doctor for yearly exams and preventive services.

*Source: CDC*

*Find out more from the Men's Health Network at [www.menshealthnetwork.org](http://www.menshealthnetwork.org).*