

MEN'S HEALTH

June is National Men's Health Month! This article is not for men only but also for those who are concerned about men's health. According to Dr. Martin Miner of the Harvard Medical School, "Men still perceive seeking healthcare as a link to their vulnerability, with which they are uncomfortable". Miner continues to say, "that it's hard enough to convince a guy to wear a helmet when inline skating, or a safety belt when driving, let alone to get their blood pressure checked". This being said, men it is time to take control of your health and wellness! The following medical checklist can be used at your next physical:



Eye Exam: The average adult male 60 years or younger should have an eye exam every two years. After 60, eye exams should be on a yearly basis. This exam will check for glaucoma, macular degeneration and cataracts.

Dental Exam: Annual exam. This exam will check for cavities, gum disease or oral cancer. If you smoke or chew, your risk is higher for developing problems.

Blood Pressure: Starting at 18, men should have their blood pressure checked. High blood pressure can be medically managed, but if left untreated may put you at risk for stroke, heart attacks, kidney and eye issues.

Colonoscopy: Colorectal screenings begin at the age of 50; unless you have a family history then you may need to be screened earlier.

Testicular Exam: Early detection is important as it will increase the survival rate. Though this type of cancer is rare, it can affect younger men between the ages of 15 to 34. Self examination every month is key to a healthy life.



Prostrate Exam: If you are over 50 years of age, check with your physician concerning the two different types of screening, PSA blood test (Prostate Specific Antigen) or digital rectal exam. If you are under the age of 50 and have a family history of prostate cancer contact your physician concerning when you should be screened.

Diabetes: If you have a family history or if you are experiencing symptoms of excessive thirst, urination or have high blood pressure. Diabetes if left untreated will cause problems with the eyes, healing of wounds, nerves and kidneys.

Cholesterol: If you are 35 or older it is recommended to have your cholesterol checked. You may need to be screened earlier if you smoke, are obese, have diabetes or high blood pressure and if there is a family history of heart attacks before the age of 50. Cholesterol can be managed by medication, and by eating healthy and exercise.



Other ways to take control of your health is to make sure that your immunizations are up to date, eating healthy, exercising and limiting your alcohol and tobacco use.

Maintaining your health is up to you! As Benjamin Franklin once said, "An ounce is prevention is worth a pound of cure".

If you have any questions pertaining to your health, please give our Personal Health Partners a call at 800-327-7272.


LYTLE EAP PARTNERS
Navigating Work...Life...Health

