

## Excess body fat.....

increases your chances for heart disease, stroke, high blood pressure, diabetes, some types of cancer and other health problems. Maintain a healthy weight and boost your energy level by eating right and increasing your physical activity.



## Getting Active

- Take the stairs instead of the elevator
- Park the car farther away from entrances to stores, etc.
- Take a short walk around the block with family, friends, or coworkers
- In bad weather, walk around a mall
- Rake the leaves
- Visit museums, the zoo, or an aquarium
- Wash the car
- Take a walk after dinner instead of watching TV



## Tips for Healthy Eating

- Eat 3 meals every day
- Choose fresh or canned fruit more often than fruit juice
- Use fats and oils sparingly
- Eat sweets sparingly
- Choose whole grains more often
- Drink plenty of water
- Select a mix of colorful vegetables each day
- Have low-fat, low-sugar snacks on hand

Source: NIDDK, NIH

## QUESTIONS?

Call your local health department.

## RESOURCES

Men's Health Network  
National Institutes of Health  
American Cancer Society  
Cabinet for Health Services

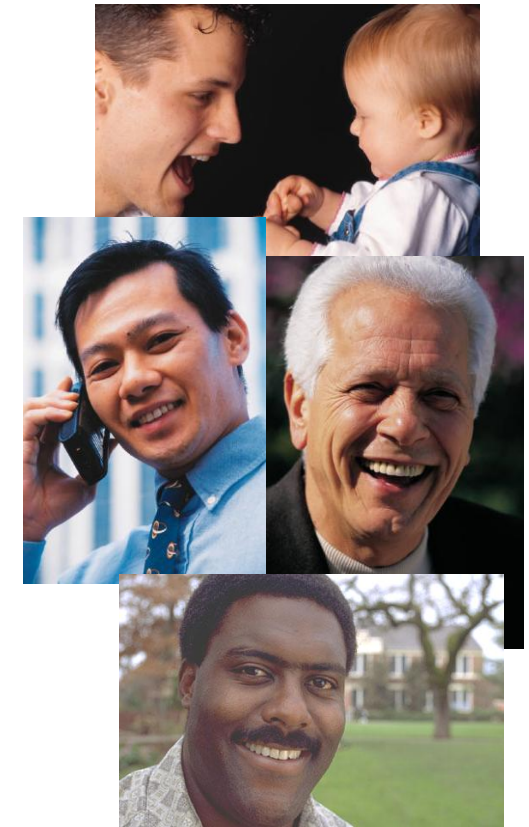


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# Recommended Health Screenings for Men

# 7 Warning Signs of Cancer

1. Change in bowel or bladder habits
2. A sore that does not heal
3. Unusual bleeding or discharge
4. Thickening or lump in breast or elsewhere
5. Indigestion or difficulty in swallowing
6. Obvious change in wart or mole
7. Nagging cough or hoarseness

American Cancer Society

## Testicular Self-Exam

The best time to do a TSE is after a warm shower or bath when the skin of the scrotum is relaxed.

1. Check each testicle separately.
2. Hold the testicle between the thumbs and fingers with both hands and roll it gently between the fingers.
3. Look and feel for any hard lumps or nodules (smooth rounded masses) or any change in the size, shape, or consistency of the testes.

*Checking your testicles on a monthly basis will enable you to learn what is normal; if you notice any changes, lumps, or anything you are concerned about, see your physician right away.*

## Tobacco Cessation



If you use any form of tobacco, stop now. All forms of tobacco cause cancer. Contact your local health department for information on smoking cessation classes.

# Recommended Screenings

| Checkups and Screenings  | When?   | Ages   |       |     |
|--|---|--|-------|-----|
|  |   | 20-39  | 40-49 | 50+ |
| <b>Physical Exam:</b> Review overall health status, perform a thorough physical exam and discuss health related topics   | Every year  | ✓  | ✓     | ✓   |
| <b>Blood Pressure:</b> High blood pressure has no symptoms, but can cause permanent damage to body organs.   | Every year  | ✓  | ✓     | ✓   |
| <b>Immunizations:</b> Tetnus/diphtheria, flu and pneumonia vaccines are among the vaccines needed in adulthood. Other vaccines may be needed, depending on risk factors.   | Ask your physician what you are due for   | ✓  | ✓     | ✓   |
| <b>TB Skin Test:</b> Should be done if exposed to someone with active TB or if develop symptoms of TB, at direction of physician   | Every 5 years   | ✓  | ✓     | ✓   |
| <b>Dental Exam</b>   | Twice yearly  | ✓  | ✓     | ✓   |
| <b>Cholesterol Test:</b> To determine whether cholesterol content of the blood is too high - a major risk factor in heart disease  | Every 5 years   | Age 21 and over, or as directed by physician |       |     |
| <b>PSA (Prostate Specific Antigen) Test:</b> Levels of this rise when there is an abnormality such as an infection, enlargement, or cancer. Testing should be done in collaboration with your physician. Digital exam is recommended at the same time. | 50 and over - discuss annual screening with the doctor based on overall health and life expectancy. Consult the doctor about earlier screening if at high risk - African American or family history of prostate cancer. |  |       | ✓   |

| Checkups and Screenings  | When?                    | Ages             |        |     |
|--|--------------------------|------------------|--------|-----|
|  |                          | 20-39            | 40-49  | 50+ |
| <b>Rectal Exam:</b> Detects hemorrhoids, lower rectal problems, as well as colon and prostate cancer   | Every year               |                  |        | ✓   |
| <b>Hemoccult:</b> Detects microscopic amounts of blood in the stool - an early indicator of polyps or colon cancer   | Every year               |                  |        | ✓   |
| <b>Endoscopic exams:</b> Flexible sigmoidoscopy or colonoscopy - examines the rectum and lower colon for polyps (benign, possibly precancerous growths) and cancer | Every 3 years            |                  |        | ✓   |
| <b>Chest x-ray:</b> Detects lung cancer - should be considered for smokers over the age of 45, as directed by physician  | Every year (if smoker)   |                  | ✓      | ✓   |
| <b>Bone mineral density:</b> tests for presence of osteoporosis  | Discuss with a physician |                  | Age 60 |     |
| <b>Testosterone screening:</b> Blood test that shows a low level of testosterone   | Discuss with a physician |                  | ✓      | ✓   |
| <b>Sexually Transmitted Diseases (STD's):</b> Sexually active adults at risk for STD's should be screened for syphilis, chlamydia and other STD's                  | Discuss with a physician | ✓                | ✓      | ✓   |
| <b>Self-exams:</b> Testicle<br>Skin<br>Oral<br>Breast  | Monthly by self          | Start at puberty |        |     |
| <b>Eye Exam</b>  |                          |                  |        |     |
| 18-40 as eye problems are suspected or as directed by Dr.  |                          |                  |        |     |
| <ul style="list-style-type: none"> <li>• 40 - baseline exam</li> <li>• 40-64 - every 2-4 yrs</li> <li>• 65 &amp; over - every 1-2 yrs</li> </ul>                   |                          |                  |        |     |

Your physician may recommend more frequent screenings based on your family and medical history.