

Men's health

Men need to be aware of certain conditions as they age. Your physician can recommend specific tests based on your personal and family medical history. Below is a list of tests and exams that men should speak with their physician about:

Blood Pressure: High blood pressure is 140/90 or higher. High blood pressure can cause serious health problems like strokes and heart attacks. Have your blood pressure checked at every doctor's visit or at least annually.

Cholesterol and other lipids: High cholesterol and other lipids (fats) can cause strokes and heart attacks. Men age 36 and older should be screened for lipid disorders. It is recommended that men ages 20-35 be screened for lipid disorders if they are at increased risk for coronary heart disease.

Diabetes: High blood sugar can cause problems with your heart, brain, eyes, feet, kidneys and nerves. Adult men who are overweight or are at risk for developing high blood sugar should be screened annually.

Overweight or obesity: Being overweight or obese can lead to diabetes and heart disease. The best way to learn if you are overweight or obese is to calculate your body mass index (BMI*). If your BMI is 30 or higher, talk to your doctor about getting help with changing your behaviors to lose weight.

Talk to your physician about your particular risk factors and how often you should be screened for any condition you are concerned about. Please refer to your Blue Cross and Blue Shield of Kansas contract for information about preventive care coverage.

For more information, visit www.cdc.gov/men.

Immunizations: Get a flu shot every year. If you are 65 years or older or have a chronic condition like diabetes, get a pneumonia shot. A tetanus booster is recommended every 10 years.

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.

Testicular cancer: If detected early, testicular cancer is one of the most curable forms of cancer. Speak with your physician about testicular self exams and any risk factors you may have.

Prostate cancer: Men in good health and without risks, should talk to their doctor at age 50 about screening. If you have a family history of prostate cancer or are African-American, begin these discussions for screenings at age 40.



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* BMI = weight (lb.) x 703 divided by height (in.), then divided by height (in.) again

