



Men's Health

And what you can do about it

Have you put your health on auto pilot? If so, you're not alone. Men in the United States tend to have a higher rate of unhealthy behaviors and habits than do women, and men are less likely to undertake preventive or health-promoting activities such as visiting their doctor or scheduling timely screenings (www.menshealthnetwork.org/library/blueprint.pdf)

Common Health Concerns

- **Diabetes** can often go undetected and untreated, seriously affecting your health
- **Prostate cancer** is the third leading cause of death from cancer, after lung cancer and colorectal cancer, in U.S. men (American Cancer Society). Yet it's treatable if caught early.
- **Depression** in men can lead to an increased risk of heart disease and other health issues.
- **High blood pressure** can be controlled, but only if you know it's there.
- **Smoking** increases your risk of lung cancer and can cause erectile dysfunction.
- **Aggressive driving** may be a factor in 50% of auto crashes.

The Good News

Many of the causes of illness can be prevented. In fact, almost 50% of early deaths in men are preventable. The keys to prevention are to know your risks, learn the warning signs of health problems, and incorporate good health habits into your life. See the back of this flyer for recommended screening schedules and Kaiser Permanente resources that can help you get better control of your health.

Here Are Some Pointers

- **Injury prevention:** Wear your seat belt every time you drive. Don't keep loaded firearms in the house. Wear a helmet when you are on a bike, motorcycle or skateboard.
- **Sexual practices:** Practice safer sex and prevent unwanted pregnancy by using condoms. Get tested for HIV and other STDs if you have had unprotected sex, or have any other reason to think you may be at risk.
- **Exercise:** Be physically active for 30-60 minutes on most days. Walk the dog or take the stairs – it all counts. Even a brisk 10 minute walk three times a day can have great benefits.
- **Emotional health:** If you are depressed, often angry, anxious, or thinking of suicide, don't hesitate to talk to your health care provider, trusted friend, relative, or clergyman.
- **Skin protection:** Always protect your skin from the sun. Wear a hat and sunscreen to reduce your risk of skin cancer.
- **Nutrition:** Enjoy a variety of healthy foods daily. Eat at least five servings of fruits and vegetables every day. Choose lean meats, low-fat dairy products, and whole grain foods. Limit foods high in salt, saturated and trans fats, and sugar.

Recommended Screenings and Immunizations

| Age | 20 | 30 | 40 | 50 |
|--------------------------|--|----|---|----|
| Cholesterol | | | Get tested every 5 years | |
| Colorectal Cancer | | | Have a flexible sigmoidoscopy every 10 years and/or a fecal occult blood test every 1 to 2 years. | |
| Diabetes | | | Get tested every 5 years | |
| Hypertension | Have your blood pressure checked every 1 to 2 years. Your goal is 120/80 or lower. | | | |
| Immunizations | Get an annual flu shot starting at age 50. Get a tetanus diphtheria booster shot every 10 years. Get a pneumonia shot once after age 65. | | | |
| Weight | Have your body mass index (BMI) calculated every 1 to 2 years. | | | |
| Prostate Cancer | | | Discuss the Prostate-Specific Antigen (PSA) test and rectal exam with your physician. *Age 40 for African Americans and those with a family history of prostate cancer. | |
| Testicular Cancer | All men, beginning in adolescence, should know how to perform a testicular self-examination (TSE) for cancer. Talk to your health care provider about learning to do this, or simply obtain a TSE information sheet from your local Health Education Department. | | | |

Pease note: These recommendations are for generally healthy people. If you have an ongoing health problem, special health needs or risks, or if certain conditions run in your family, your prevention plan may be different.

How Kaiser Permanente can help

- **Take classes and get info:** Stop by your Health Education Center for useful handouts and more information on healthy living classes.
- **Get connected:** Go to kp.org, where you can:
 1. **Search our health and drug encyclopedias.** Stay informed with more than 40,000 searchable pages of useful information.
 2. **Save yourself some time.** Schedule routine appointments, request prescription refills and e-mail your doctor (available in certain regions only) with questions through secure messaging.
 3. **Start a healthy lifestyle program.** Get a customized plan to help you lose weight, beat stress, improve your eating habits, or quit smoking.
 4. **Visit your physician's home page** at kp.org/mydoctor. While you are there take a minute and download a **Healthy Living Podcast** on an important health topic.
- **Listen in:** Dial the Kaiser Permanente Healthphone and listen to one or more of 200 recorded health messages in English or Spanish. Call **1-800-332-7563** or **1-800-777-9059** (TTY for the hearing/speech impaired), 24 hours daily. You can download a directory of health topics online at member.kp.org. Search for "Kaiser Permanente Health phone."