

A GUIDE TO MEN'S HEALTH



Check a Check-Up Off Your To-Do List

Are men just afraid of getting a check-up? Studies show that women see their doctors three times more than the average male.

Even if you're feeling healthy, it's still important to have annual check-ups so that potential problems can be identified before they become serious. Adult males should be regularly tested for *high cholesterol*, *diabetes* and *high blood pressure*, and undergo *screenings for colon and prostate cancer*. Men are also more prone than women to skin cancer, the most common form of cancer among Americans, and thus should have regular screenings.

Annual check-ups give you the opportunity to build a rapport with your doctor, which will help with developing focused treatment in case a health situation should come up. Your doctor can also provide advice on a proper diet and the best ways to exercise by taking into account your age, weight and family history with certain health issues.



Timetable for Maintaining Good Health

Here's a basic guide regarding some general medical evaluations throughout your adult life. *(This guide does not take into consideration any existing symptoms, chronic conditions or family history).*

	AGE 18–34	AGE 35–49	AGE 50+
Wellness Visit	Every 1–3 years	Annually	Annually
Blood Pressure	Part of wellness visit	Part of wellness visit	Part of wellness visit
Cholesterol	Every 5 years	Every 5 years	Every 3–5 years
Type 2 Diabetes	Usually not required	Every 3 years from age 45	Every 3 years
Colon Cancer	Usually not required	Usually not required	Once per year until age 75
Prostate	Usually not required	Usually not required	Once per year until age 75
Thyroid	Usually not required	Part of wellness visit	Part of wellness visit
Eyes/Glaucoma	Part of wellness visit	Every 2–4 years	Every 1-2 years over age 65
Hearing	Once per year	Once per year	Once per year
Dental Care	At least once per year	At least once per year	At least once per year
Skin Care	For all ages, ask for a Skin Care check-up during wellness visits.		



WHO IS HEALTHIER MEN or WOMEN ?

Five Quick Facts for Better Quality of Life

We've already mentioned that women, on average, are three times more likely than men to see their doctor. Here are five other statistics to show how men and women differ in matters of health.

- (1) Men are 70 percent less likely to seek treatment compared to their female counterparts. Of course, it's equally important for both men and women to get regular medical check-ups and to seek treatment when something doesn't seem quite right.
- (2) When it comes to eating habits, the expression "I'm a meat and potatoes guy" generally applies more to men than women. A smarter diet is built on vegetables, grains, fruit and fish.
- (3) Though both sexes are making good progress toward "kicking the habit," statistics show that 24 percent of men are still cigarette smokers, as compared to 18 percent of women. Smoking increases the likelihood of heart disease, lung cancer and emphysema.
- (4) Modest amounts of alcohol (maybe a drink or two a day) have been known to actually protect a man's health, reducing the risk of heart attack and the most common type of stroke. But men are twice as likely as women to become dependent on alcohol, large amounts of which have been found to increase the chance of hypertension, heart failure, liver disease, some cancers and traumatic death.
- (5) Over the course of the 20th century, the life expectancy of both men and women in America increased by about three decades — from 46.3 years in 1900 to 75.3 years in 2000 for males, and 48.3 years to 80.4 years for females.* This can be attributable to advances in medicine and healthier lifestyles, which is good news for everybody!

**Source: National Center for Health Statistics*

At more than 50 locations throughout the region, Penn Medicine primary care physicians partner with patients to provide the highest level of attention. If more specialized care is needed, Penn patients have access to the most advanced treatment options and a team of experts in various specialties dedicated to keeping you healthy for a lifetime. Learn more at PennMedicine.org/PrimaryCare.

Who's on Your Team?

Treating an illness or injury works best with a team approach. That's why Penn Medicine provides coordinated care and access to the latest treatment options at more than 30 Patient-Centered Medical Homes throughout the region.

"Patient-centered" is a way of saying that you, the patient, are the most important person on your health care team. You are at the center of your health care.

A medical home is an approach to coordinate your care across all health care settings.

With this approach, you not only receive guidance in choosing the best doctors, but you can also track your health information using computers and electronic records. Everything is in one place! Learn more at myPennMedicine.org.

Who's on the team? Health care professionals are key, but trusted friends and family members can also play a role. And, of course, the most important member of the team is you.

Be an Active Team Player

- Communicate openly with your health care team. Share the successes and challenges you've had with health care in the past.
- Make sure your team knows about all health care professionals who care for you and how you feel about the care you've been receiving.
- Set goals and follow the health care plan that you and your team have developed.

With a team approach, a unique treatment plan can be created just for you.



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