

## **For Your Well-Being Preventive Health Measures for Men**

When it comes to your health, what you don't know *can* hurt you. Medical tests and screenings can help you find problems early.

Talk to your doctor about the tests that are right for you. Ask when you should have them.

### **Food, Exercise, Lifestyle Choices**

Eating right and exercising are keys to a healthy life. With good habits, you can lower your risk of heart disease, diabetes, osteoporosis and certain cancers. You can also increase your chances for a longer life.<sup>7</sup>



### **Colorectal Cancer**

This type of cancer can be prevented. You can lower your risk by:

- Eating lots of fruits and vegetables
- Eating foods that are low in fat
- Staying at the right weight
- Exercising

There are three types of colon cancer screenings. Ask your doctor which one is best for you.<sup>2</sup>

### **Flu**

The flu can be very serious. It can even cause death. Getting a flu shot every year can protect you. If you have ongoing health problems, ask your doctor about getting a flu shot. It is suggested for everyone age 50 and older.<sup>1</sup>

## **Prostate Health and Testicular Cancer**

Regular physical and self-exams are important. Tell your doctor if you notice any changes during self-exams or when you go to the bathroom such as:

- Sudden, strong urges
- Less urine flow
- Problems starting to urinate

Ask your doctor what treatment is best for you.<sup>6</sup>

## **Glaucoma**

This disease causes pressure to build in the eye. It is one of the main causes of blindness. The first signs of it are vision problems with things to the left or right of an object. People over age 60 should have a screening every one to two years. An eye doctor will put drops in your eyes and then check for any problems.<sup>5</sup>

## **Heart Disease**

The heart is made up of many parts. The parts work together to pump blood to all areas of your body. Heart disease can make it hard for your heart to function. Problems can include irregular heartbeats, build-up of plaque and narrowing of the heart vessels. This may lead to chest pain and possibly a heart attack.



You are at more risk for heart disease if you:

- Have high blood pressure
- Smoke
- Are overweight
- Have high cholesterol
- Have diabetes

Your doctor can help you manage your heart health. Talk to your doctor about the tests and treatment that are right for you.<sup>4</sup>

For more information, visit our website at [www.vistahealthplan.com](http://www.vistahealthplan.com).

**What's stopping you?  
Get your screenings today!**

19-49	50+	Age Appropriate Preventive Measure*
✓	✓	Routine cholesterol screening starting at age 35
	✓	Colorectal cancer screening through fecal occult blood testing (every year), sigmoidoscopy (every 5 years) or colonoscopy (every 10 years)
	✓	Influenza vaccine every year beginning at age 50
	✓	Glaucoma screening for ages 60 and above <sup>4</sup>
	✓	Pneumonia vaccine once after age 65
✓	✓	Tetanus/diphtheria booster every 10 years
	✓	Zoster (shingles) –one-dose vaccine on or after age 60

- Recommended by the United States Preventive Task Force.

Please note that these are guidelines only. This is not a complete listing of covered preventive services. You should talk with your doctor to find out which screenings are right for you. Coverage is subject to the terms and conditions of your policy. Some people who are at high risk may need to be screened earlier or more often.

Sources:

1. Centers for Disease Control and Prevention
2. American Institute for Cancer Research
3. National Institutes of Health
4. National Eye Institute
5. U.S. Department of Health and Human Services
6. National Cancer Institute

