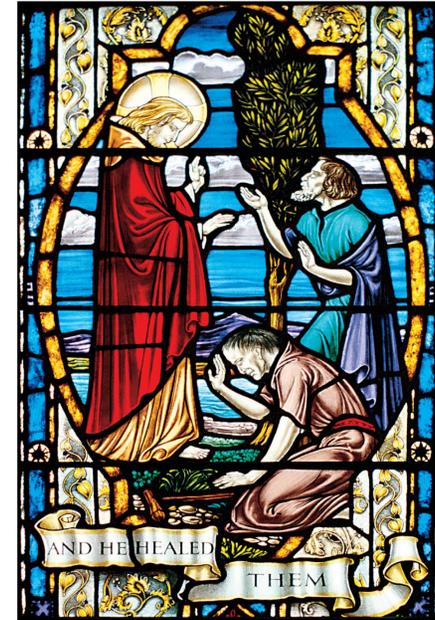


Checkups & Screenings	When?	Ages	20-39	40-49	50+
Colorectal health: A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to	Every 3-4 years				Y
Chest X-Ray Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician			Y	Y
Self Exams: Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self		Y	Y	Y
Testosterone Screening: Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician			Y	Y
Bone Health: Bone mineral density test. Testing is best done under the supervision of your healthcare provider	Discuss with a physician			Age	60
Sexually Transmitted Diseases (STDs): Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, gonorrhea, herpes and other STDs.	Under physician supervision		Y	discuss	

Abundant Living®



Wellness Words

June 2018

Men's Health Month

“I have come that you may have life and have it more abundantly.”

John 10:10b

Men's Health Month

www.menshealthmonth.org

Did you know?

- Men die at higher rates than women from 9 of the top 10 causes of death and are the victims of over 92% of workplace deaths.
- In 1920, women lived, on average, one year longer than men. Now, men, on average, die almost five years earlier than women. (Centers for Disease Control)
- Women are 100% more likely to visit the doctor for annual examinations and preventive services than men. (Centers for Disease Control)

So what is a man to do?

Regular checkups and age-appropriate screenings CAN improve the health of men and reduce premature death and disability. Discuss with your healthcare provider if the screening schedule is appropriate for you. Also ask about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease.

Checkups & Screenings	When?	Ages	20-39	40-49	50+
Physical Exam: Review overall health status, perform a physical exam and discuss health related topics.	Every 3 years Every 2 years Every year		Y	Y	Y
Blood Pressure: High blood pressure (Hypertension) has no symptoms, but can cause permanent damage to body organs	Every Year		Y	Y	Y
EKG: Electrocardiogram screens for heart abnormalities.	Baseline Every 2 years Every year	Age	30	Y	Y

Checkups & Screenings	When?	Ages	20-39	40-49	50+
Blood Tests & Urinalysis: Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year		Y	Y	Y
TB Skin Test: Should be done on occasion of exposure or suggestive symptoms at direction of healthcare provider. Some occupations may require more frequent testing for public health indications.	Every 5 Years		Y	Y	Y
Tetanus Booster: Prevents lockjaw.	Every 10 years		Y	Y	Y
Rectal Exam: Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.	Every year		Y	Y	Y
Hemoccult: Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every year			Y	Y
PSA Blood Test: Prostate Specific Antigen is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your healthcare provider. *African-American men and men with a family history of prostate cancer may wish to begin prostate screening at age 40, or earlier.	Every year			*	Y

Abundant Living is a church-based wellness program supported by Baptist Easley Hospital. For more information call 442-7791.