Preventive Care for Men: Your plan

What is preventive care?
Preventive care is what you do to keep from getting sick or to keep a sickness from getting worse. It means taking small actions now, when you may not have an illness or symptoms. To get good preventive care, you need to:

• Know your risk factors
• Have regular health checks
• Get screened for cancer
• Get immunized
• Practice healthy habits

A preventive care visit with your doctor is a separate visit. It is not done at the same time as a visit for a recent or an ongoing condition.

Why is preventive care important?
Preventive care puts you in charge of your health. It lets you gauge your health today, and find out ways to protect it for the future. Preventive care helps you:

• Prevent disease
• Catch disease early, when more can be done about it
• Save time, money, and stress in the long run

Using this plan
Preventive care doesn’t have to be difficult. In fact, most of the things you need to do only once, or not very often. This fact sheet will help you learn what to do when and where to go. Here’s how to get started:

• Fill out the checklist at the right to learn more about your personal risks.
• See pages 2 and 3 to learn more about the tests, screenings, and immunizations. These are covered by most insurance programs at no cost to members.
• See page 4 to review your everyday habits and to make a plan for simple things you can do right away.

Know your risk factors. Risk factors are conditions or habits that make you more likely to get a disease. If you know your risk factors, you know what you need to be especially careful about. Your risk factors are influenced by these things:

• Your personal health history. Mark the conditions that have been a problem for you in the past.
  - High blood pressure
  - High cholesterol
  - Overweight
  - Signs of depression
  - Signs of cardiovascular disease
  - Cancer, type: __________________
  - Glaucoma
  - Abdominal aortic aneurysm (AAA)

• Your family history. List diseases that have affected your family members.
  What? Who? At what age?

• Your lifestyle. Mark risky habits that apply to you.
  - Lack of physical activity, or long periods of sitting
  - Tobacco use
  - Alcohol use (more than 2 drinks a day)
2 Have regular health checks. These health checks provide information about your overall health. When you know this information, you and your doctor can make a plan for what to do about it.

<table>
<thead>
<tr>
<th>Health check</th>
<th>When and where</th>
<th>Your results</th>
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</table>
| Blood pressure (BP)               | High blood pressure can strain your arteries and heart, and can restrict blood flow to and from other body organs. This can lead to heart disease, stroke, kidney disease, and other problems. | Blood pressure ____ / ____ Date_____  
  □ Normal: Less than 130/80  
  □ Borderline high: Between 130/80 and 140/90  
  □ High: 140/90 or higher |
|                                   | • Check at least every 3 years, yearly if over 40, African American, overweight, or borderline high BP.  
  • This can be done in many places.  
  • If BP is high, check at medical office to confirm and treat. |                              |
| Blood cholesterol                 | High cholesterol puts you at risk for heart attack and stroke. The most accurate cholesterol tests require you to fast for 12 hours first. | Total Cholesterol __________ Date_____  
  HDL __________ LDL __________  
  What counts as normal depends on other risk factors. Discuss your results with your doctor.  
  □ Normal  □ High |
| Body mass index (BMI) and waistline | BMI is a formula that uses your height and weight to estimate your body fat. Even if your BMI is normal, extra fat around your waist can lead to health problems. Try to keep your waistline under 40 inches. | BMI __________ Date_____  
  □ Normal range: Between 18.5 and 25, and waist below 40 inches  
  □ Overweight: Between 25 and 30, or waist over 40 inches  
  □ Obese: 30 and above, or waist over 40 inches |
| Physical activity                 | Ask yourself these 2 questions:  
  • On average, how many days a week do you do physical activity or exercise?  
  • On average, how many minutes of physical activity or exercise do you do on those days? | Your doctor will also ask you these questions. Date_____  
  □ Getting enough activity:  
    You exercise at least 150 minutes a week (30 minutes most days)  
  □ Need to get more activity:  
    You exercise less than that |
| Depression                        | Ask yourself these 2 questions:  
  • During the past month, have I been bothered by feeling down, depressed, or hopeless?  
  • During the past month, have I felt little interest or pleasure in doing things? | Check when you feel it's necessary.  
  □ Not at risk: You answered "no" to both questions  
  □ At risk: You answered "yes" to one or both questions—talk to your doctor Date_____ |
| Glucose (blood sugar)             | High glucose puts you at risk for diabetes and certain hormone problems. | Check if your doctor recommends it.  
  □ Normal range: Between 70 and 99  
  □ Prediabetes: Between 100 and 125  
  □ Diabetes: Over 125  
  □ Normal range: OR  
  □ Prediabetes: 5.7 % to 6.4 %  
  □ Diabetes: 6.5 % or over Date_____ |
| Glaucoma                          | Glaucoma is a condition where fluid pressure inside your eye slowly rises and damages your optic nerve. It’s a leading cause of blindness. | Check every 2 years starting at age 65; start at age 40 if at high risk.  
  □ Normal pressure  
  □ High pressure Date_____ |
| AAA (abdominal aortic aneurism)   | AAA is a bulge in your abdominal aorta, the largest artery in your body. If it bursts, it can cause serious bleeding and death. It’s most common in people who have smoked. | Check once between ages 65 and 75, if you’ve ever been a smoker.  
  □ Normal range: 3 centimeters (cm) or smaller  
  □ Small to medium: Between 3 and 5.4 cm  
  □ Large: 5.5 cm and larger Date_____ |
| Chlamydia                         | Chlamydia is a sexually transmitted infection. It can cause pain, fever, and (rarely) sterility. | Check yearly between ages 19 and 24, or if doctor recommends it.  
  □ Have chlamydia  
  □ Don’t have chlamydia Date_____ |
| Hepatitis C                       | Hepatitis C is a liver disease that can be spread through blood contact. If left untreated, it can lead to serious liver problems or liver cancer. | Check once if you were born between 1945 and 1965.  
  □ Have hepatitis C  
  □ Don’t have hepatitis C Date_____ |
3 Get screened for cancer. If you catch cancer early enough, there’s usually a lot you can do to get rid of it or slow it down. If you catch it too late, it’s often deadly. Getting screened gives you more control.

<table>
<thead>
<tr>
<th>Cancer screening</th>
<th>When and where</th>
<th>Your results</th>
</tr>
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</table>
| Colon cancer     | • Check between ages 50 and 75. Start earlier (usually 40) if you have a family history of colon cancer. Have a:  
– Stool check every year, OR  
– Sigmoidoscopy every 5 years, OR  
– Colonoscopy every 10 years  
• Call your insurance provider to find out where to go. | Date_____
|                  |                | Type of test |
|                  |                | Results      |
| Prostate cancer  | • Check if your doctor recommends it.  
• Your doctor can perform this screening. | Date_____
|                  |                | Results      |
| Testicular cancer| • If you notice changes, see your doctor for screening. | Date_____
|                  |                | Results      |
| Skin cancer      | • If you notice changes, see your doctor for screening. | Date_____
|                  |                | Home check   |
|                  |                | Doctor check |
|                  |                | Results      |
| Lung cancer      | • Current or past smokers age 55 or older, check if your doctor recommends it.  
• Low-dose CT scan at a radiology center. | Date_____
|                  |                | Results      |

4 Get immunized. Immunizations can be done in a doctor’s office or at a local health department. Flu immunizations are also available at many grocery stores and workplaces.

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<thead>
<tr>
<th>Immunization</th>
<th>When</th>
<th>Completed dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flu</td>
<td>• Every fall or winter.</td>
<td>□ Completed date____.</td>
</tr>
</tbody>
</table>
| Pneumonia             | • One time before 65 if you smoke or have asthma, COPD, heart disease, or diabetes.  
• After age 65, 1 dose Prevnar and 1 dose Pneumovax, a year apart. | □ Completed date____. |
| HPV                   | • Before age 26.                          | □ Completed date____. |
| Td booster or Tdap*   | • Every 10 years.                         | □ Completed date____. |
| Zoster*               | • One time after age 60.                  | □ Completed date____. |
| Other immunizations,* | • If not completed as a child.            | □ Completed     |

*May not be covered by Medicare.
Practice healthy habits. Above all, having healthy habits every day is the best thing you can do to maintain good health and energy. The habits below are important. Mark how you’re doing.

<table>
<thead>
<tr>
<th>Doing great</th>
<th>Need to do better</th>
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<tbody>
<tr>
<td>• Get at least 150 minutes of physical activity a week. Reduce time sitting.</td>
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<tr>
<td>• Eat 2 cups of fruit and 2 to 3 cups of vegetables every day.</td>
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<tr>
<td>• Stay hydrated. Drink at least six 8-ounce glasses of water every day.</td>
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<td>• Sleep 7 to 8 hours every night.</td>
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<td>• Don’t use tobacco.</td>
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<td>• Limit alcohol to 2 drinks a day or less.</td>
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<tr>
<td>• Wear a seat belt when driving or a helmet when riding.</td>
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</tbody>
</table>

Next steps
It may seem like there’s a lot to think about here. Preventive care doesn’t have to be difficult, though. Look at each step and write down one small thing you can do to get started. Then pat yourself on the back!

Make a list of simple things you can do right away

1. **Know your risk** (For example, ask your father at what age he started taking cholesterol medication.)

2. **Have regular health checks** (For example, have your blood pressure checked next time you’re at a medical office.)

3. **Get screened for cancer** (For example, call your insurance company and find out where you can go for a colonoscopy.)

4. **Get immunized** (For example, if it’s fall or winter, get a flu shot.)

5. **Practice healthy habits** (For example, go for a walk or a run today.)

Be sure to follow your doctor’s recommendations
Based on your tests and screenings, your doctor may recommend activities, diet changes, or medications. Follow these recommendations to help you prevent illness and to have your best possible health and energy.

Intermountain resources  You can ask your healthcare providers for these Intermountain materials:

Blood pressure  Cholesterol  Colonoscopy  Weight management  Quitting tobacco

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