

HealthyLife®

Men's Manual

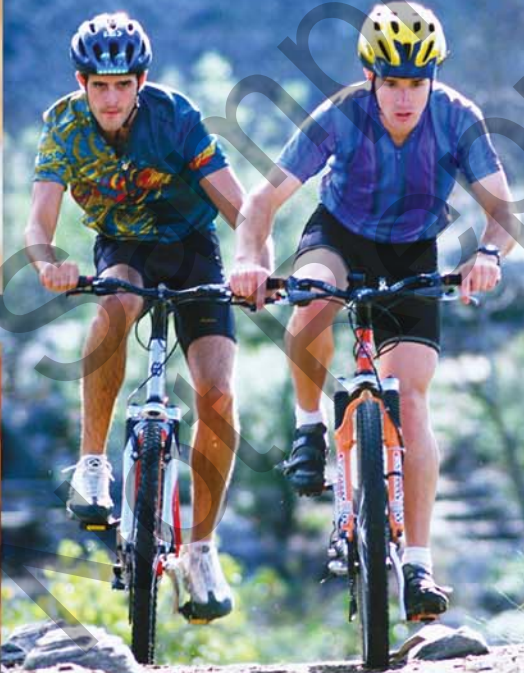
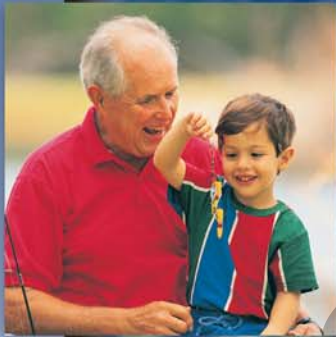


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Introduction

This manual is a guide for your health maintenance. It teaches you how to prevent and treat common health problems. Fill in the charts and checklists provided. Take this guide with you when you visit your health care provider.

Make health and wellness a priority in your life. Follow the basic tips listed below, as well as, those given throughout this manual.

- Get at least 6 to 8 hours of sleep each night.
- Wear a seat belt when in a car or other vehicle.
- Don't smoke. If you smoke, quit. (See "Quitting Tobacco Products" on page 13.)
- Balance work and play. (See "Stress Management" on page 14.)
- Maintain a healthy body weight. (See "Nutrition & Weight Control" on page 11.)
- Get regular exercise. (See "Physical Activity" on page 12.)
- Have regular screening tests and exams. (See "Health Tests & Exams" on page 5 and "Testicular Self-Exam (TSE)" on page 15.)
- Wash your hands often to lessen the chance of picking up cold and flu viruses.
- Wear a medical alert tag to identify health concerns. Get one from a drugstore or from MedicAlert Foundation International at 800.344.3226 or www.medicalert.org.
- Keep informed of health updates. Listen to the news. Read the newspaper. Get health information on the world wide web. Access the web sites in this book and beware of sites that promote health fraud and quackery. Access www.quackwatch.com for information.

3. Health Tests & Exams

It's up to you to schedule and have tests and exams that can screen for health problems. Screenings detect problems early when they are easiest to treat. Your place of work may offer screening tests and immunizations. You may need to get them from your doctor or health care provider. Follow his or her advice for tests and exams. You may need to have tests sooner or more often. You may need to have tests not listed here, such as a test to screen for diabetes. The chart below lists general guidelines. Keep a record of when you have exams and the results of each.

Test	Ages 20–29	Ages 30–49	Ages 50+
Dental Checkup	Every 6 to 12 months		
Physical Exam	Every 5 years	Every 2 to 4 years	Every 1 to 2 years
Blood Pressure	At every office visit or at least every 2 years		
Vision	Every 5 years	Every 3 to 4 years	Every 2 to 3 years
Cholesterol Blood Test	Every 5 years or as advised by doctor (e.g., yearly if it is high)		
Breast Self-Exam ¹ and one by Doctor or Nurse	Discuss with doctor		
Testicular Self-Exam (TSE)	Monthly or as advised. (See page 15.)		
Digital Rectal Exam	Discuss with doctor age 45+		
Prostate-Specific Antigen (PSA)	Discuss with doctor age 45+		
Glaucoma Screening ²	Every 2 to 3 years		
Colorectal Cancer Screening ³	Discuss with doctor		

¹ Though rare, men can get breast cancer and should look for and report a breast lump or other change to their doctor or health care provider.

² For African Americans, screening should begin every 2 to 3 years between the ages of 40 and 50.

³ Follow your doctor's advice. Screening tests include stool blood test, sigmoidoscopy, double contrast barium enema and colonoscopy.

4. Immunization Schedule & Record

Immunization	Ages 20–50	Ages 50–65	Age 65+	Dates Given
Tetanus/diphtheria (Td) vaccine	Every 10 years			_____ _____
Influenza vaccine ¹		Every year		_____ _____
Pneumococcal (pneumonia) vaccine ^{1,2}			Once at age 65	_____ _____

¹ Flu and pneumonia vaccines may be recommended sooner than these ages for persons with certain chronic medical conditions or persons at high risk for flu and/or pneumonia.

² Some persons should get a second dose 5 or more years after the first dose.

Certain persons are at risk for diseases that can be prevented with immunizations listed below. Ask your health care provider what immunizations you need.

Immunization	Persons at Risk	Dates Given
Hepatitis A vaccine (Series of 2 shots)	Persons who live in certain U.S. regions (ask your provider) or travel to countries with high rates of hepatitis A. Persons with chronic liver disease; IV drug users; and males with male sex partners.	_____ _____
Hepatitis B vaccine (Series of 3 shots)	Workers whose jobs involve contact with human blood. Persons with multiple sex partners or sex partner(s) with hepatitis B or persons who live with someone with hepatitis B. IV drug users.	_____ _____ _____
Measles, Mumps, Rubella vaccine (Series of 2 shots)	Persons born after 1957 without proof of immunity or prior adequate immunization	_____ _____
Varicella (chickenpox) vaccine (Series of 2 shots)	Persons who do not have a reliable history of having had chickenpox who are likely to be exposed to chickenpox	_____ _____

Before you travel to other countries, find out if you need certain vaccines from the CDC Travelers' Information Line at 877.394.8747 or at the www.cdc.gov/travel website. Discuss your needs with your health care provider several months before traveling to allow enough time to get required vaccinations.



For more information, contact:

Center for Disease Control's
National Immunization Program
800.232.2522 (English)
800.232.0233 (Spanish)
www.cdc.gov/nip

19. High Blood Pressure

There are usually no symptoms for high blood pressure (HBP), so get it checked at every office visit, at least every 2 years, or as your doctor advises.



The first (top) number measures the maximum pressure against the artery walls while the heart is beating. The second (bottom) number measures the pressure between heartbeats when the heart is being refilled.

Categories for Blood Pressure Levels in Adults		
Blood Pressure Level (mm Hg)		
Category	Systolic (top number)	Diastolic (bottom number)
Optimal	Less than 120 and	Less than 80
Normal	Less than 130 and	Less than 85
High Normal	130–139 or	85–89
High Blood Pressure		
Stage 1	140–159 or	90–99
Stage 2	160–179 or	100–109
Stage 3	180 or higher or	110 or higher
For persons with HBP, blood pressure goal is <140/90 mm Hg; <130/80 mm Hg for African Americans. For persons with diabetes or kidney disease, the goal is also <130/80 mm Hg.		

Treatment

High blood pressure can be controlled with self-care measures and medication, if necessary. If it is not treated, HBP can lead to strokes and to heart, kidney, and eye problems.

Self-Care/Prevention

(Check off items you do or plan to do.)

- Get to and/or stay at a healthy weight.
- Don't smoke. If you smoke, quit (see page 13).
- Limit alcohol (see page 7).
- Get regular exercise (see page 12).
- Learn to handle stress (see page 14).
- Reduce your intake of salt and foods high in salt. (This is helpful for many people.) Use salt substitutes if your doctor says it's okay.
- Take medicine as prescribed. Tell your doctor if you have side effects, (e.g., dizziness, faintness, fatigue, skin rash, sexual problems, or dry cough without a cold). Don't stop taking your prescribed medicine unless your doctor tells you to.
- Talk to your physician or pharmacist before you take over-the-counter decongestants. An ingredient in some of these can raise your blood pressure.
- Limit caffeine.
- Don't eat black licorice. It can lower potassium, a mineral that may help lower blood pressure.



For more information, contact:

American Heart Association
800.AHA.USA1 (242.8721)

www.americanheart.org

National Heart, Lung and Blood Institute
Information Center
800.575.WELL (575.9355)

www.nhlbi.nih.gov