

# VitaMin

Vital health information in a minute!

## What Every Man Needs to Know

Think about it. When was the last time you went to the doctor? If you're like a lot of men, you waited until you absolutely had to go. And as you get older, this habit can turn into a true health hazard. The following are a few health problems that are more likely to affect men as they age:

### High cholesterol

When cholesterol levels are elevated, you place yourself at a greater risk for heart disease. The U.S. Preventive Services Task Force recommends that you begin to have periodic cholesterol screenings at age 35. After age 65, you and your doctor can decide how often you need to check your cholesterol levels.

### High blood pressure

If you have high blood pressure, you face an increased risk of heart attack, stroke and/or kidney failure. The American Heart Association recommends that you have your blood pressure checked at least once every two years.

### Colorectal cancer

Like most cancers, the key to successful treatment of colorectal cancer is catching it early. Beginning at age 50, the American Cancer Society® recommends that you have a simple fecal occult blood test (a test that checks for blood in your stool) every year.

### Testicular cancer

Testicular cancer is the most common cause of cancer for men between the ages of 15 and 35 – but it can occur at any age. Consult your doctor about any persistent testicular discomfort, pain or swelling.

### Prostate cancer

One of the most common cancers among men, it's also one of the most deadly. Fortunately, it's one of the most easily treated cancers – when caught early. The American Cancer Society believes that men should be tested annually beginning at age 50.

### Make an appointment today

If you can't remember when you had your last checkup, it's probably time to make an appointment right now. And remember, the relationship you have with your doctor is a very important one. He or she can help you feel better today – and avoid potential health problems tomorrow.

These preventive care guidelines are taken from recommendations of the U.S. Preventive Services Task Force and other recognized authorities on preventive care. ■

### Selecting where to go for a colonoscopy

When your doctor recommends a colonoscopy, endoscopy or arthroscopy, make sure you know your options. Using an independent, in-network outpatient surgery center for these procedures instead of a hospital can often save hundreds of dollars. Talk with your doctor about options.



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