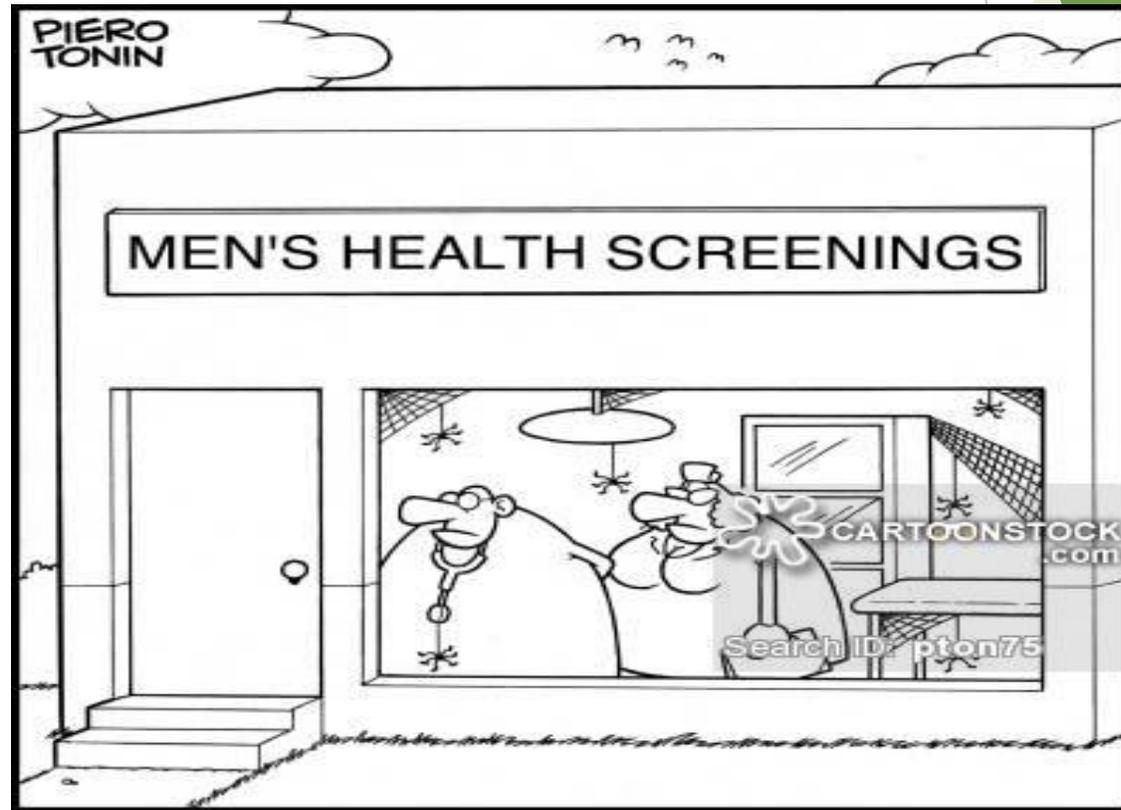


Men's Health

Dr. B. P. Winston
Staff Physician
Hopi Health Care Center

Why Do Healthy Men Feel That They Don't Need to Go to the Doctor?

- “If I am healthy, why should I go to the doctor?”
- “Doctors are for sick people!”
- “I am healthy and nothing hurts!”
- “I may have to miss a day from work for my PCP to tell me that I am fine.”



A Typical Man's Thought Process

- “All they are going to do is violate me!”
- “I will be asked a bunch of questions about my smoking habits, my occasional drink, and the fact that I don't exercise enough.”
- “We will spend 10 minutes talking about all of the things that I should do and then he is going to put on the glove!”



Men: Stay Healthy at Any Age

- Screenings are tests that look for diseases before you have symptoms.
 - Blood pressure checks
 - Weight checks
 - Vision/dental check
 - STD/HIV
 - Testicular self-exams
 - Cholesterol checks
 - Blood sugar checks
 - Thyroid checks
 - Liver checks
 - Depression
 - Colon cancer screening
 - Abdominal aorta screening

GUARD YOUR HEALTH
No Illness by Health

The Male Guide to Age-Specific Health Screenings

Regular checkups are necessary for men to protect themselves against injuries, illnesses, and diseases that develop with age.

For Soldiers, Periodic Health Assessments typically cover the basics, but you may need to get additional screenings to catch health risks that develop over time. Bring this list to your next check up to make sure you are getting all the recommended screenings for your age.

Find out which screenings are recommended for your age group:

Periodic Health Assessments Include:

- Height and weight checks
- Vision, hearing, and dental exams
- Blood tests for Sickle Cell, G6PD, DNA, and HIV
- Required Immunizations

All Army National Guard Soldiers are individually responsible for the maintenance of their medical, physical, and mental fitness. Follow this screening guide, but also talk with a doctor or Medical Readiness NCO if you have specific concerns.

In Your 20s

- ✓ Annual physical exam to include blood pressure, height, and weight
- ✓ Vision/dental exams once a year
- ✓ STD testing/HIV screening every two years
- ✓ Testicular cancer screening every year; monthly self-exams
- ✓ Cholesterol testing every five years

All of the above and...

- ✓ Blood tests for diabetes, thyroid disease, liver problems, and anemia
- ✓ Screening for coronary heart disease once a year

In Your 30s

All of the above and...

- ✓ Cardiovascular evaluation every five years
- ✓ Screening for prostate cancer every year

In Your 40s

All of the above and...

- ✓ Annual screening for Type II Diabetes
- ✓ Vision and hearing exams every year
- ✓ Screening for depression every year
- ✓ Screening for lipid disorders annually
- ✓ Screening for colon cancer with fecal occult test, sigmoidoscopy, or colonoscopy annually

In Your 50s

All of the above and...

- ✓ Annual screening for osteoporosis
- ✓ Continue colorectal screening based upon previous studies and results
- ✓ Screening for dementia and Alzheimer's annually

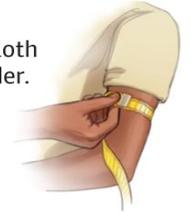
In Your 60s

For men's health tips and more visit guardyourhealth.com

Blood Pressure Checks

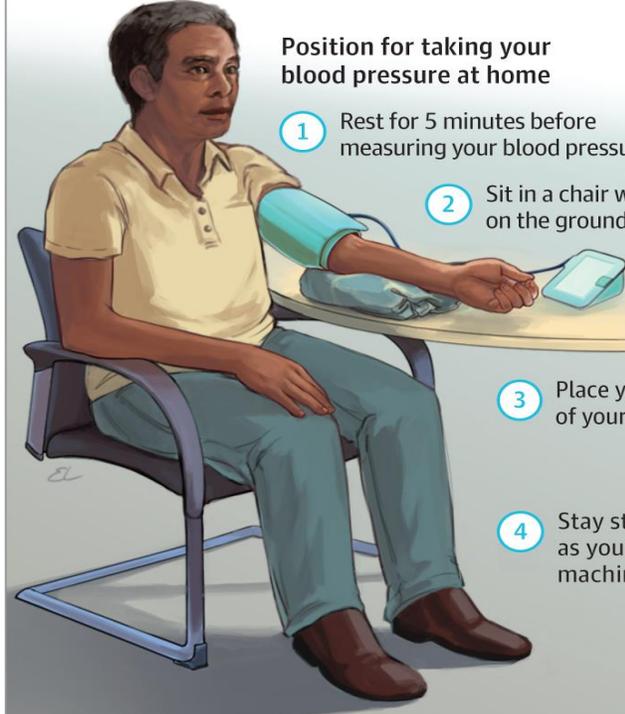
- ▶ Have your BP checked every two years.
- ▶ High blood pressure can cause strokes, heart attacks, kidney and eye problems, and heart failure.

Choosing the correct blood pressure cuff size
Measure the circumference of your upper arm with a cloth measuring tape midway between the elbow and shoulder. Choose a cuff size that includes this measurement.



Position for taking your blood pressure at home

- 1 Rest for 5 minutes before measuring your blood pressure.
- 2 Sit in a chair with both feet flat on the ground and back straight.
- 3 Place your arm at the level of your heart or chest.
- 4 Stay still and do not talk as your blood pressure machine operates.



Measure your blood pressure in the morning right after you wake up or in the evening before you go to bed.
Try to measure your blood pressure at the same time every day.

Weight Checks

- ▶ Weight should be screened yearly and more often if the patient is gaining or losing weight at a rapid rate.
- ▶ The best way to learn if you are overweight or obese is to find your body mass index.
- ▶ You can find your BMI by entering your height and weight into a BMI calculator.

BMI=BODY MASS INDEX

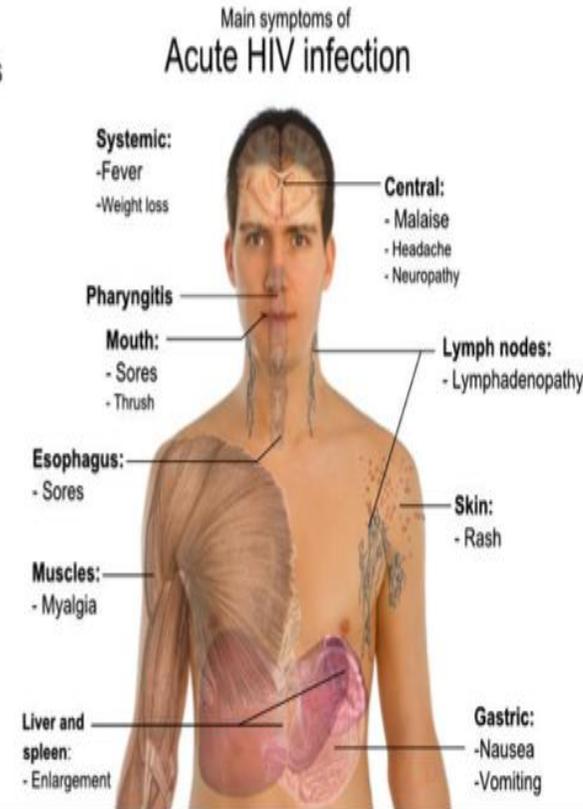
BMI is used as a screening tool to identify possible weight problems for adults. However, BMI is not a diagnostic tool. For example, a person may have a high BMI. However, to determine if excess weight is a health risk, a healthcare provider would need to perform further assessments. These assessments might include skinfold thickness measurements, evaluations of diet, physical activity, family history, and other appropriate health screenings.

Human Immunodeficiency Virus

- ▶ HIV is the virus that causes HIV infection.
- ▶ AIDS is the most advanced stage of HIV infection.
- ▶ HIV is spread through contact with blood, semen, pre-seminal fluid, rectal fluids, vaginal fluids, or breast milk of a person with HIV.
- ▶ HIV is spread mainly by having anal or vaginal sex or sharing drug injection equipment with a person who has HIV.
- ▶ Antiretroviral therapy is the use of HIV medicine to treat HIV infection.
- ▶ These medications must be taken everyday.
- ▶ These medications don't cure people, but, it does help people live longer, healthier lives.
- ▶ If you are 65 or younger, get screened for HIV.
- ▶ If you are older than 65, ask your doctor or nurse whether you should be screened.

Symptoms of HIV/AIDS

- Common AIDS symptoms in men include:
- swollen lymph glands.
- unusual lesions on the tongue; skin rashes and bumps.
- nausea, vomiting, and diarrhoea.
- cough and shortness of breath.
- chronic fatigue.
- fever, chills, and night sweats.
- rapid weight loss.
- blurred or distorted vision.



Testicular Self-Exams

- ▶ The best time to do the examination is after a warm bath or shower when the scrotum is relaxed.
- ▶ Stand in front of a mirror and look for any swelling of the scrotum.
- ▶ Check for any lumps, enlargements, tenderness, or texture changes by rolling each testicle gently between your thumb and fingers.
- ▶ Perform monthly and notify your PCP of any abnormalities.



Cholesterol Levels

- ▶ If you are 35 years or older, have your cholesterol checked regularly.
- ▶ High cholesterol increases your chances of heart disease, stroke, and poor circulation.
- ▶ Talk to your PCP about having your cholesterol checked at age 20 if:
 - ▶ You use tobacco
 - ▶ You are overweight or obese
 - ▶ You have diabetes or high blood pressure
 - ▶ You have a history of heart disease or blocked arteries
 - ▶ You have a first degree male family member with heart attack <50yoa
 - ▶ You have a first degree female family member with heart attack <60yoa



Cholesterol Levels Chart



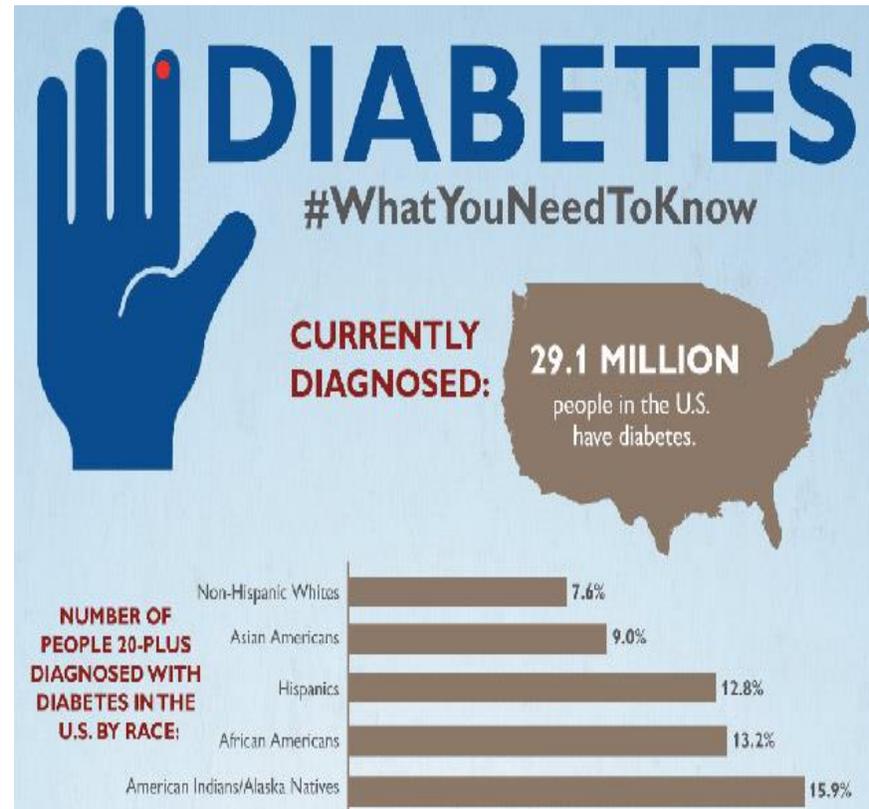
Diabetes

- ▶ Get screened for diabetes (high blood sugar) if you have high blood pressure or if you take medication for high blood pressure.
- ▶ Diabetes can cause problems with your heart, brain, eyes, feet, kidneys, nerves, and other body parts.



Diabetes

- ▶ You are at risk for developing prediabetes if you:
 - ▶ Are overweight
 - ▶ Are 45 or older
 - ▶ Have a parent, brother, or sister with type 2 diabetes
 - ▶ Are physically active less than 3 times a week
 - ▶ Are a woman who had gestational diabetes or delivered a baby weighing 9lbs or more
 - ▶ Of Native American descent

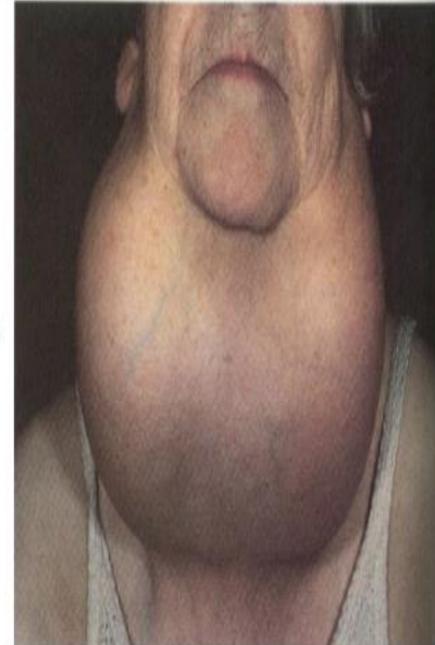


Thyroid Screenings

- ▶ Risk factors for elevated thyroid hormones include older age, Caucasian background, Type 1 diabetes, Down syndrome, and external beam radiation in head and neck area.
- ▶ Other risk factors include a family history of thyroid disease, goiter, and previous hyperthyroidism.

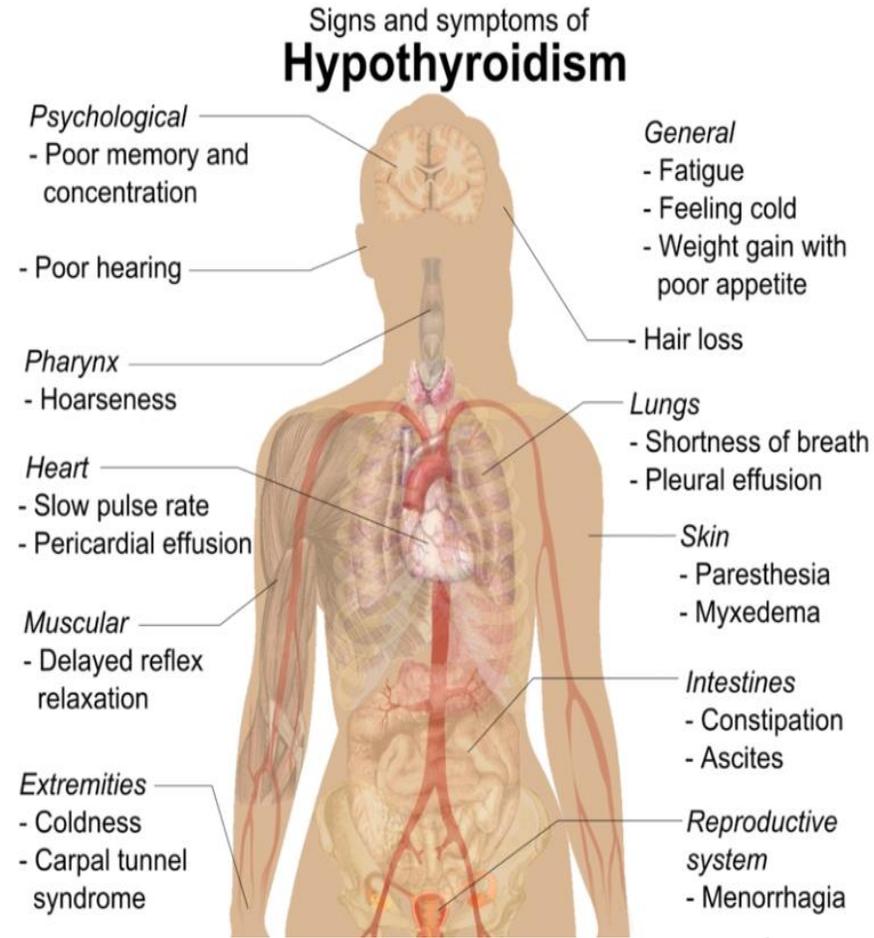
Goiter

- A diet deficient in iodine
- Increase in thyroid stimulating hormone (TSH) in response to a defect in normal hormone synthesis within the thyroid gland.



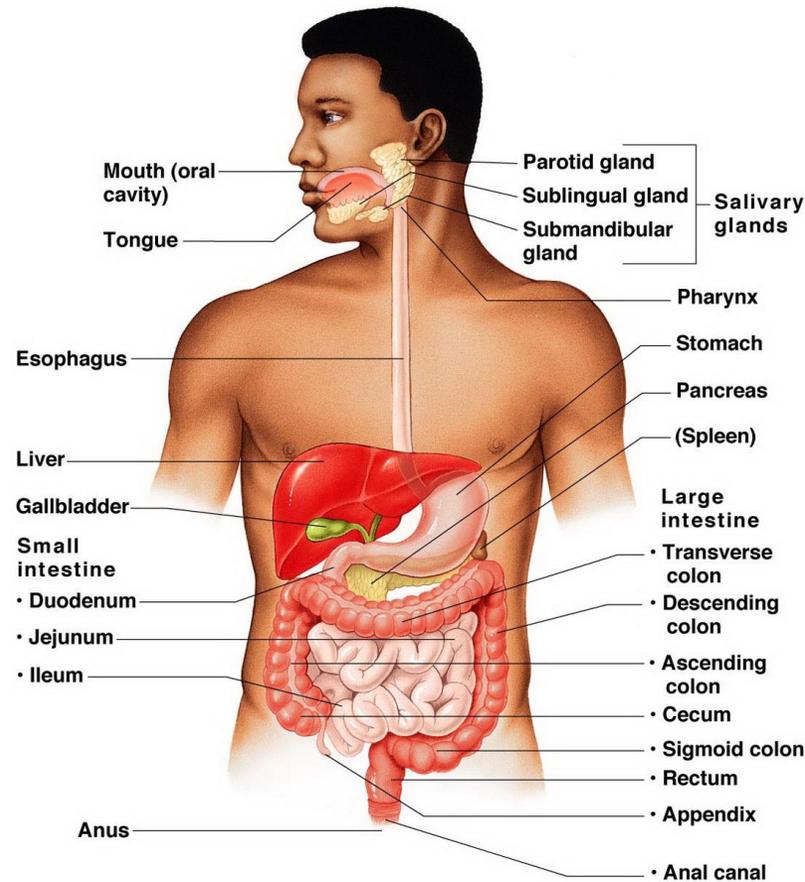
Thyroid Screenings

- ▶ Risk factors for low thyroid hormones include being a woman, older age, African descent, low iodine intake, long term use of medications containing iodine (mostly using a heart medication called amiodarone)
- ▶ Patients with a personal or family history of thyroid disease are also at risk of developing low TSH levels.



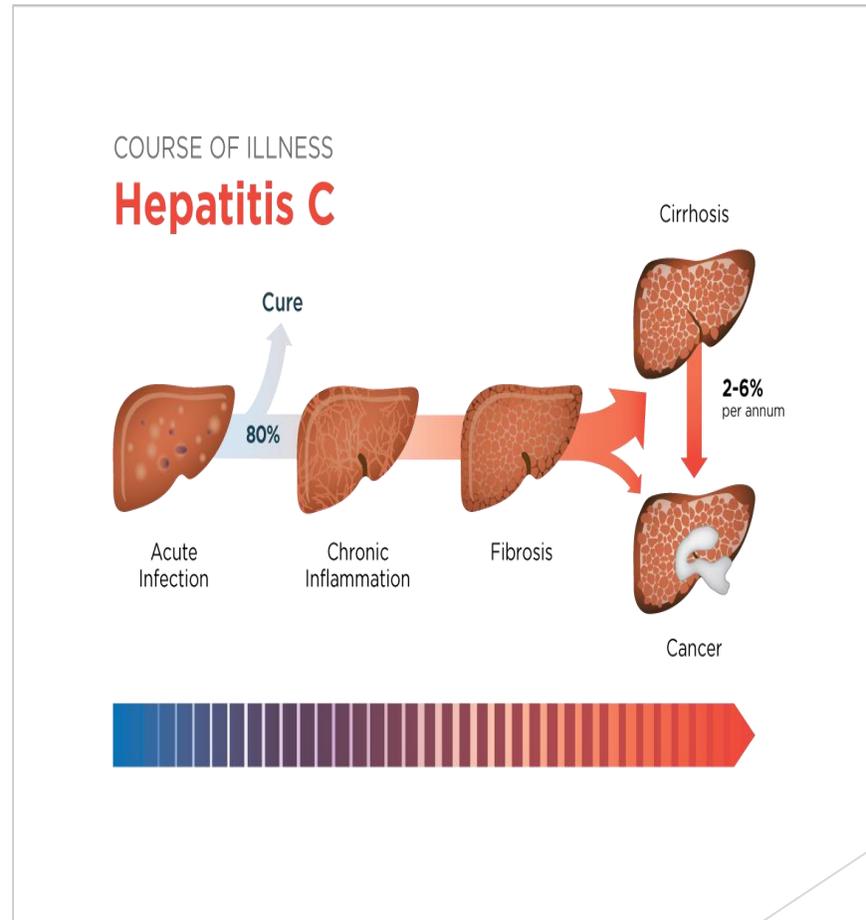
Hepatitis C Screening

- ▶ Hepatitis C is a liver infection caused by the hepatitis C virus and is the number 1 cause of liver cancer and liver transplants.
- ▶ Approximately 4 million people in the US have the virus.
- ▶ Most people become infected with virus by sharing needles, but, risk factors also include:
 - ▶ Being born between 1945-1965
 - ▶ Having a blood transfusion or organ transplant prior to 1992
 - ▶ Having unprotected sex
 - ▶ Using IV drugs
 - ▶ Having tattoos or body piercings



Hepatitis C Screening

- ▶ Approximately 15-25% of people who get hepatitis C will clear the virus from their bodies without treatment and will not develop chronic infection.
- ▶ There are several medications to treat chronic hepatitis C



Depression

- ▶ Your emotional health is as important as your physical health.
- ▶ Talk to your doctor or nurse about being screened for depression, especially if during the last 2 weeks:
 - ▶ Have you felt down, depressed, or hopeless?
 - ▶ Have you felt little interest or pleasure in doing things that you normally like doing?



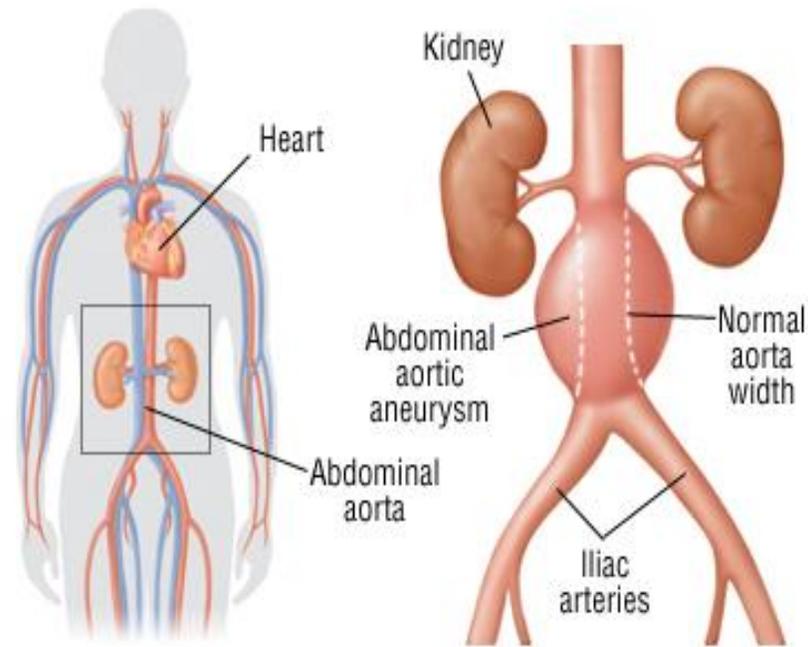
Colon Cancer

- ▶ Have a screening test for colorectal cancer starting at age 50.
- ▶ If you have a family history of colorectal cancer, you may need to be screened earlier.



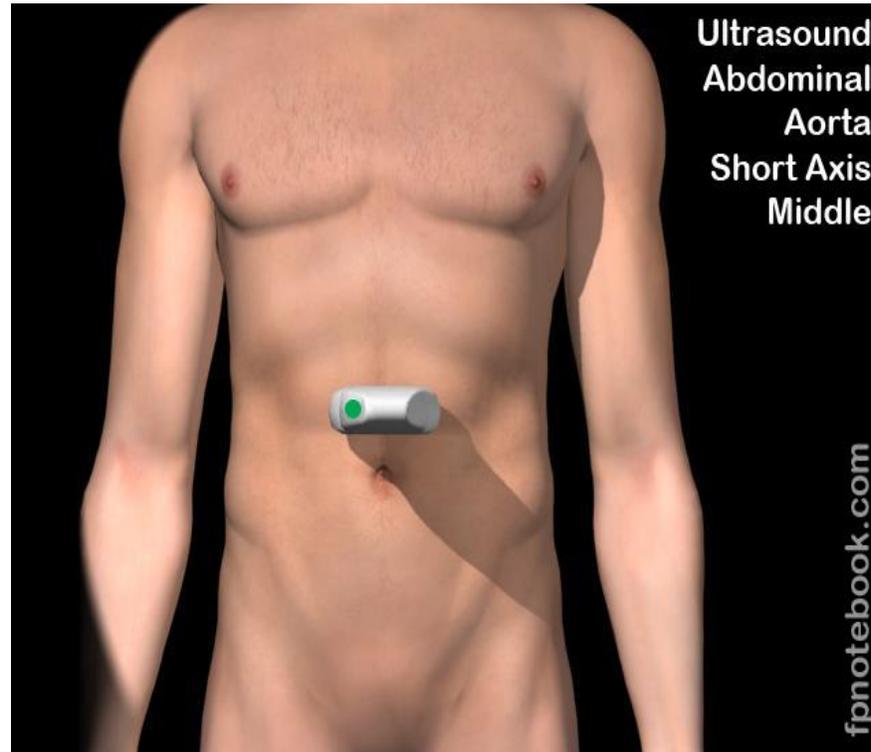
Aortic Abdominal Aneurysm

- ▶ If you are between 65-75yoa and have smoked 100 or more cigarettes in your life, you should be screened at least once in your lifetime.
- ▶ Your aorta is the largest vessel in your body and can distend (widen) with age and from tobacco use (as well as other causes).
- ▶ If your aorta ruptures it can cause to rapid death.



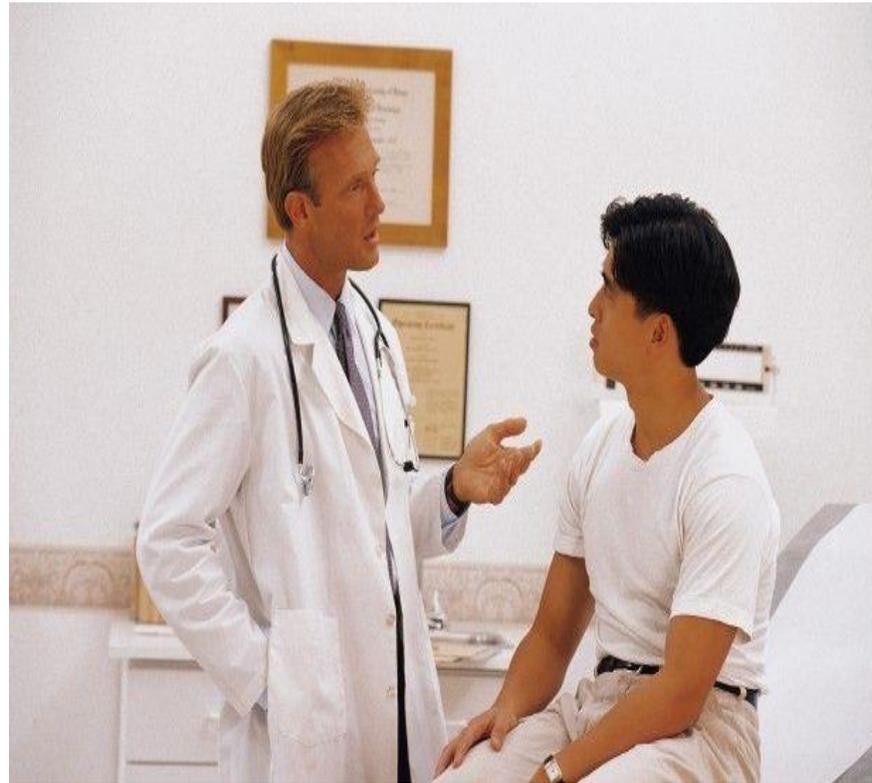
Abdominal Aortic Screening

- ▶ It is a painless procedure done with an ultrasound machine.
- ▶ Abdominal ultrasound is performed to evaluate structures, including the abdominal aorta.
- ▶ Risk factors for abdominal aortic aneurysm:
 - ▶ Being male
 - ▶ Being age 65 or older
 - ▶ Being white
 - ▶ A history of atherosclerosis-thickening of arterial walls
 - ▶ Smoking cigarettes



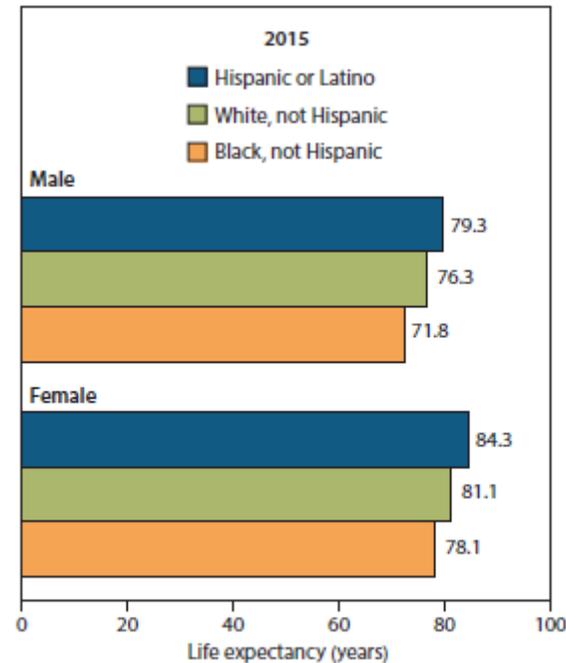
10 Reasons Why You Need a Primary Care Doctor

- Holistic Health Care
- Better Manage Chronic Diseases
- Higher Level of Comfort
- Transparency of Entire Health History
- Routine Screenings
- Catch Health Issues Early
- Referrals to Other Medical Specialists
- Decrease in Hospital and ER Visits
- Better Patient-Provider Communication



Why Should I Get Checked Out?

- Life expectancy at birth, by sex, race and Hispanic origin in the United States, 1975-2015.
- This doesn't speak to quality of life, but, there is a 5 year difference between Hispanic or Latino women dying and Hispanic or Latino men dying.



SOURCE: NCHS, National Vital Statistics System (NVSS).

The Athlete Goes to PT Your Car Goes to Your Mechanic You Go to Your Medical home

- We address wellness or preventive care.
- We address acute care and chronic care for all family members.
- We provide care from birth through adolescence, into adulthood and through the last stages of life.

