

THE CURE

- **Establish a good working relationship** with a primary care physician you like, respect, and can talk to and see him or her on a regular basis. If health concerns do arise, do not put off seeking medical attention.
- **Getting regular exercise**, maintaining a healthy weight, and not smoking are essential to staying healthy and will maximize your lifespan and your enjoyment of life.
- **If you drink alcohol**, limit consumption to no more than 2 drinks per day.
- **Identify a trusted friend** or advisor with whom you can discuss job stress, marital issues, or other personal problems.
- **Seek help for depression** or feelings of loss of control.



MEN'S HEALTH AT RISK

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Committee on Men's Health*



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MASSACHUSETTS
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THE PROBLEM

It has been said that it's a man's world, but this is clearly *not* the case when it comes to health and longevity. In fact, white men die on average 5 years younger than white women, and black men die 11 years younger. Males are more likely to die than females at all stages of life, from the cradle to old age.

Compared to women, men are:

- Twice as likely to die of heart disease
- Twice as likely to die of liver disease
- Four times as likely to die of suicide or homicide
- Much more prone to be killed or seriously injured accidentally
- Much more likely to suffer from drug or alcohol addiction
- More than two-and-a-half times as likely as women to get AIDS
- At higher risk for learning disabilities such as dyslexia or attention-deficit hyperactivity disorder

Yet, in spite of all these hazards to men's health, men are often out of touch with a health care system that can seem out of touch with their needs.

IMPORTANT HEALTH PROMOTION ACTIVITIES BY AGE

RECOMMENDED AT AGES ➔	20–39	40–49	50–65	Over 65
Physical exam	Every 3 years	Every 2 years	Every year	Every year
Blood pressure	This should be checked at every doctor's visit in all age groups.			
Cholesterol level	Every 5 years in all age groups; more often if it is abnormal or being treated			
Vitamin D level	At all ages; repeat at doctor's discretion.			
Tetanus/diphtheria booster	Every 10 years in all age groups			
Influenza vaccine	Every year starting at age 50*			
Zostavax	At age 60 for those who have not had shingles			
Pneumonia vaccine	Once at age 65**			
EKG (electrocardiogram)	Baseline at age 35 to 40; repeated at doctor's discretion depending on the presence of high blood pressure or other cardiovascular problems			
Chest x-rays, body scans	Not currently recommended as screening tests in healthy men due to inadequate ability to detect abnormalities and high rate of false positive results			
Rectal examination	Yearly after age 50 in all men to detect prostate or bowel cancer. African Americans should consider screening after age 45.			
PSA (prostate specific antigen)	Consider after age 50 or age 45 in African Americans. Allows for early detection of prostate cancer, though benefits continue to be debated.			
Sigmoidoscopy or colonoscopy	At age 50 for whites or age 45 for African Americans with follow-up on basis of findings. If normal, repeat every 10 years.			
Testicular self-examination	Testicular cancer is the most common cancer in men up to age 40.			
Skin examination	At all ages. Skin cancer is increasing at alarming rates due to excessive sun exposure.			

*Influenza vaccine should be taken annually by anyone with a chronic condition impairing heart, lung, or immune function.

**Pneumonia vaccine should be received at least once by anyone with a chronic condition impairing heart, lung, or immune function.

***Discuss choice of colon cancer screening techniques with your doctor. Colonoscopy is currently the preferred procedure.

The table above lists the tests all men should have on a regular basis to stay as healthy as possible and to maximize both length and quality of life.