

MEN'S HEALTH

Providing comprehensive care
for every stage of life

HEALTH CHECKLIST AT EVERY AGE:

It is important to take care of your health, and that starts with understanding your health risks and recommended screenings at each stage of your life. With the guidelines constantly changing and varying opinions, it can be tricky to keep track. Annual exams and testing can save your life whether you are 21 or 65.

Know Your History

Find out what health conditions run in both sides of your family. Share your personal and family history with your physician to help determine your risk level for particular conditions or disease.

Get A Yearly Physical

No matter your age, it is important to find a primary care physician who fits your needs and schedule an annual check-up.

Maintain a Healthy Weight

Keeping off excess weight through healthy eating and regular exercise can safeguard you from developing long-term health issues like type 2 diabetes, heart disease, high blood pressure, arthritis and sleep apnea.

Monument Health offers care in 31 medical specialties and serves 14 communities across western South Dakota and in eastern Wyoming. With over 5,000 physicians and caregivers, Monument Health is composed of 5 hospitals and 40 medical clinics and specialty centers ready to care for you.

 **MONUMENT HEALTH**



For more information, scan this QR code
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20
39

YOUR HEALTH: FROM 20-39

From fatherhood to home ownership, your 30's are an exciting but stressful time. Find healthy ways to decompress.

SCREENINGS

MONTHLY:

- **Testicular self-exam**

ANNUALLY:

- **Yearly physical:**
 - Blood pressure check
 - Blood test
- **Vision Screening**
- **STD screening**
(If sexually active)

EVERY 5 YEARS:

- **Blood sugar test**
- **Cholesterol test**

IF NEEDED:

- **Skin check**
Have new or changed moles or marks examined.
- **Fertility testing**
Tell your doctor when you start trying to conceive.
- **Genetic counseling**
Talk to your doctor about your family history.

HEALTH TOPICS

IN YOUR 20s:

- Sexually transmitted diseases

IN YOUR 30s:

- Reproductive difficulties
- Skin care and maintenance
- Managing stress
- Keeping a healthy weight

HEALTH RISKS

IN YOUR 20s:

- Melanoma
- Human Papillomavirus (HPV)
- High cholesterol
- High blood pressure

IN YOUR 30s:

- Weight gain
- Changes in your skin
- Reproductive difficulties
- High cholesterol
- High blood pressure
- Stress
- Type 2 diabetes
- Testicular cancer

LIFESTYLE TIPS:

- Find a doctor you can relate to.
- Avoid or stop smoking.
- Minimize drinking alcohol.
- Clean up your diet.
- Stay flexible.
- Practice good sleeping habits.
- Find outlets for stress relief.