

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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www.monument.health/menshealth



40
49

YOUR HEALTH: FROM 40-49

Turning 40 is a major milestone and often a time of transition in life. Every part of your body is affected, from your appearance to the health of your heart and bones.

SCREENINGS

MONTHLY:

- **Testicular self-exam**

ANNUALLY:

- **Yearly physical:**
 - Blood pressure check
 - Blood test
 - Cholesterol testing
- **Prostate exam**
- **Eye disease screening**

EVERY 5 YEARS

(OR MORE IF RECOMMENDED):

- **Blood sugar testing**
*(Annually if overweight
or high risk)*
- **Colonoscopy if high risk**

TALK TO YOUR PHYSICIAN:

- **Heart disease screening**
(If high risk)

HEALTH TOPICS

DON'T IGNORE CHRONIC PAIN:

Maybe you were taught that boys don't cry and that "rubbing some dirt on it" is a remedy for most problems. But we feel pain for a reason. When you have pain that doesn't go away, chances are your body is trying to alert you to a problem. Don't tough it out. See your doctor.

HEALTH RISKS

- Heart disease
- High cholesterol
- High blood pressure
- Stress
- Type 2 diabetes
- Testicular cancer

LIFESTYLE TIPS:

- Add weight training to your workouts to prevent losing muscle mass and osteoporosis.
- Limit alcohol to less than 1-2 drinks a week. A daily drink may increase your risk of some types of cancer.