

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 with your smartphone or go to www.monument.health/menshealth



YOUR HEALTH: 50+

You may be 50 or over, but you don't have to feel limited. An increase in screenings begin during this time in your life and having a trusted primary care physician to help you navigate your health care journey is important.

SCREENINGS

MONTHLY:

- Testicular self-exam

ANNUALLY

- Yearly physical:
 - Blood pressure check
 - Blood test
 - Cholesterol testing
- Prostate exam
- Eye disease screening
- Coronary screening
- Screening for Type 2 Diabetes
- Skin check

EVERY 2 YEARS

- Bone density testing (DEXA)
- Blood sugar testing
(Annually if overweight or high risk)

EVERY 10 YEARS

- Colonoscopy

TALK TO YOUR PHYSICIAN:

- EKG test
(If you have certain risk factors: high cholesterol, obesity, family history, etc.)

HEALTH TOPICS

YOUR 50s:

Osteoporosis isn't just a women's disease. 1 in 5 men will develop an osteoporosis related fracture.

SEXUAL HEALTH IN YOUR 60s:

Scientific studies suggest that chronic diseases like diabetes, high blood pressure and heart disease affect a man's ability to perform sexually. The more severe the disease, the more severe the erectile dysfunction. Men over 50 who experience sexual problems should talk to their doctor to find out if a medical condition is the cause.

YOUR 70s:

In your 70s, nutrition and staying physically and mentally active becomes vital as fall risks and hip injuries may occur.

HEALTH RISKS

- Stroke
- Colon cancer
- Heart disease
- Osteoporosis
- Arthritis

LIFESTYLE TIPS:

- Keep off excess weight to prevent a number of diseases.
- Add in Omega-3
- Find fun ways to stay fit.
- Get enough sleep.
- Love your changing body.