Healthy Practices for Men

Preventive Care Visits/Physical Exams
- These will include a review of your health history, a physical examination, and laboratory tests as needed.
- Routine preventive care visits are recommended (and covered by most insurance plans) as follows:
  - Every five years through the age of 39
  - Every three years between 40-49
  - Every two years between 50-59
  - Every year starting at age 60

Diet and Exercise
- Eat a varied diet, emphasizing whole grains, fruits and vegetables.
- Limit saturated fats.
- Calcium: Men require at least 1000 mg per day of calcium (through calcium-rich foods, dairy products and/or calcium supplements).
- Vitamin D: 400-800 IU of Vitamin D is recommended daily in order to help with calcium absorption.
- Do at least 30 minutes of aerobic, weight-bearing exercise most days each week. Modest activity to total 30 minutes per day may be substituted for the aerobic activity above if total activity is at least 30 minutes per day.
- Include stretching in your exercise program.
- Do moderate resistance exercises two to three times per week.

Heart Disease Prevention
- Know your blood pressure – it should be below 120/80.
- Know your cholesterol level.
- Maintain a healthy body weight by following the diet and exercise recommendations listed above.
- Men over 50 with risk factors for heart disease may wish to discuss taking an aspirin a day with their provider.

Injury Prevention
- Seatbelts should be worn at all times when in a moving vehicle.
- Avoid distracted driving (texting, use of cell phones and other electronic devices).
- Helmets should be worn when using motorcycles, bicycles, rollerblades, or during other sports where head injury is possible.
- Install and maintain smoke detectors in your home.
- Store guns and other firearms unloaded in a locked area.

Dental Health
- See your dentist regularly (usually twice a year).
- Floss and brush with fluoride toothpaste regularly.

Immunizations
- A tetanus booster is recommended every ten years.
- A Tdap booster (tetanus/diphtheria/pertussis) is recommended once in adulthood to help prevent against the whooping cough.
- Hepatitis B vaccine is recommended for teens, young adults and health care professionals.
- Pneumococcal vaccine is recommended for men with certain high risk medical conditions (e.g., absence of the spleen) and for everyone over the age of 65.
- Hepatitis A vaccine is recommended for any men with male sexual partners.
- HPV vaccine is recommended for young men ages 11-26.
- Zostavax (the “shingles” vaccine) is recommended for men over 60.
- Influenza vaccine is recommended annually.
Colon Cancer Screening
- Colon cancer screening should begin at the age of 50 (sooner if there is a family history of colon cancer).
- Many different screening tests are available including colonoscopy, sigmoidoscopy, and the test of stool for microscopic blood.

Prostate Cancer Screening
- For men at average risk, routine prostate cancer screening with a PSA blood test is not recommended.

Sexual Health
- If you choose to be sexually active, protect yourself and your partner against sexually transmitted infection. If you are not in a mutually monogamous relationship, use a condom.
- If your partner is a woman, use contraception to prevent unplanned pregnancy.
- Consider HIV testing. HIV testing is available at UHS. Ask your UHS primary care provider (PCP) about testing.

Mental Health
- Regular exercise and open communication with family and friends can help maintain good mental health.
- Feel free to discuss any prolonged feelings of anxiety, depression, or other concerns with your primary care provider (PCP).

Substance Abuse
- Do not smoke or use tobacco in any other way. Ask your primary care provider (PCP) if you have any questions about how to quit.
- Limit alcohol consumption (0-2 drinks per day). Do not drink before driving, operating heavy machinery, or participating in water activities.
- Do not use recreational drugs (e.g., marijuana, cocaine, etc). Even occasional use can be dangerous.

Intimate Partner Abuse
- Please feel free to raise any concerns with your provider if you feel threatened or abused by someone you know or love.

Health Care Proxy
- Consider appointing a health care proxy. This allows you to choose someone you trust to make health care decisions for you if you lost the ability to make decisions yourself.
- By appointing a health care agent, you can make sure that health care providers follow your wishes.

Feel free to discuss any of the recommendations above with your primary care provider. To schedule an appointment with your UHS primary care provider, call 585-275-2662.