

# Healthy Practices for Men

In addition to your periodic preventive care visits with your primary care provider (which will include a review of your health history, a physical exam and laboratory tests as needed), we recommend the following list of “healthy practices.” Modifying your daily activities according to these recommendations may improve your overall health and well being.

If you have any questions about these recommendations, ask your primary care provider (PCP). We have additional written information relating to other health topics on the UHS web site. Feel free to discuss any of these recommendations with your primary care provider (PCP).

## NUTRITION

- Try to eat five servings of fruits and vegetables every day.
- Limit your intake of red meat to 2-3 times per week.
- Use no-fat or low-fat milk products rather than whole milk products.
- Make sure you to get at least 1000 mg of calcium per day and adequate amounts of vitamin D.

## EXERCISE

- Do at least 30 minutes of aerobic exercise at least three times per week.
- 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 – it should be below 200.
- Stay close to your ideal body weight by following the diet and exercise recommendations listed above.

## INJURY PREVENTION

- Wear seat belts whenever you are traveling by car.
- Wear a helmet when riding a motorcycle, ATV, or bicycle and for rollerblading.
- 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 daily.

## IMMUNIZATIONS

- A tetanus booster is recommended periodically. Your primary care provider (PCP) will discuss the schedule with you.
- Hepatitis B vaccine is recommended for teens and young adults.
- Influenza vaccine is recommended annually for men with certain medical conditions (e.g., asthma, diabetes, etc) and for everyone over the age of 50.
- Pneumococcal vaccine is recommended for men with a few 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.

## SUBSTANCE ABUSE

- Do not smoke or use tobacco in any other way! Ask your PCP if you have any questions about how to quit.
- Consume alcohol in moderation (one to two drinks per day) or not at all. 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.

## REPRODUCTIVE HEALTH

- Testicular self-examination (TSE) should be done once every month. Ask your PCP or pick up one of our brochures if you are not sure how to do a testicular self examination.
- Starting at age 40, a rectal exam is recommended to screen for prostate cancer; your PCP will discuss other methods of screening for prostate cancer (e.g., the PSA blood test) with you.
- 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.
- Depending on your sexual history, you may wish to consider testing for sexually transmitted infections, including HIV.

## 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 problems with your primary care provider (PCP).

## ROUTINE PREVENTIVE CARE VISITS

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, and
- Every year starting at age 60.

## SCHEDULING AN APPOINTMENT

To schedule an appointment at UHS, call 275-2662. All visits to UHS are confidential.