

# Health Maintenance Schedule for Men

## *Get a Complete Physical*

Every two or three years, if under age 40; every one and a half years between ages 40 and 50; and yearly after 50. Some men under age 50 need a yearly exam if they have chronic diseases or are at high risk for cancer, diabetes or heart disease.

## *What to Check at Every Physical Regardless of Age*

- Heart attack risk factors (GOALS: total cholesterol below 200 and HDL cholesterol above 40)
- Complete skin exam for cancers
- Blood pressure (GOAL: below 140/90)
- Immunizations:
  - Tetanus booster every 10-12 years with a booster for pertussis (whooping cough) once.
  - Pneumovax once at age 65; flu shots yearly after age 50. These are needed earlier when diabetes or other chronic conditions occur.
  - Shingles vaccine (Zostavax) after age 60.
- Diet, exercise and alcohol habits (GOALS: low fat diet; 899-1000 mg of calcium daily; two hours of exercise weekly; a maximum of 10-14 drinks per week of alcohol). Good sources of calcium are milk, cheese, yogurt, calcium fortified orange juice and cereals, Tums.

## *Age Appropriate Cancer Screening*

**Testicular Cancer:** highest risk ages 15-35. Screening test is feeling for lumps.

**Prostate Cancer:** highest risk is after age 40. Screening is by prostate exam after age 40 and by a blood test (PSA) in the late 40s. Screening starts earlier if a father or brother had prostate cancer or if a person is African-American.

**Colon Cancer:** highest risk is after age 50. Screening is by colonoscopy (fiber optic tube inserted in the anus) every 10 years. Screening starts earlier if there is a personal history of Crohn's disease or ulcerative colitis. If there is a personal history of adenomatous polyps or a family member with colon cancer, screening is done at shorter intervals.

These doctors do colonoscopies (all are 978 phone numbers):

James Andreson 369-0223; Mark Epstein 371-1551; Frank Linn 371-2288

Andrea Fribush 371-7176; Richard Schwartz 772-7500;

Middlesex GI (Dr. Gail Herzig, Dr. Jaya Agrawal; Dr. Raj Devaragan; and Dr. Mike Older) 429-2010 in Acton.

**Skin Cancer:** If you have had skin cancer before, you should see a dermatologist yearly.

### ***Other Important Tests You Might Need***

**Diabetes Screening** if you are overweight, have high cholesterol or have a family history of diabetes. Testing is a blood sugar measurement after 10-12 hours without food (water, pills, black coffee are OK).

**Complete LIPID Panel** if you have high total cholesterol, diabetes or a strong family history of heart disease. Testing is a blood measurement of total cholesterol, HDL, LDL, and Triglycerides after 10-12 hours without food, (water, pills, black coffee are OK). Thyroid, Liver, Kidney or Urine Tests; Blood Counts; Chest X-Ray; EKG; Exercise Stress Tests are usually not needed unless there are symptoms of disease, unusual occupational or travel histories or family histories of certain conditions.