

healthy choices



live well. be well.



Preventive Care for Men

Early Detection and Prevention Saves Lives

Preventative Care

Don't Skip your Preventive Care. It's time to focus on creating a positive attitude around men's health, especially when it comes to preventive care. Men often skip routine healthcare visits out of fear of looking weak. A study from the Cleveland Clinic showed that 40 percent of men only go to the doctor when they're having a serious health issue. Skipping yearly physicals and checkups could be the difference between catching health issues early or when it's too late.



Health experts from the U.S. Preventive Service Task Force have made recommendations, based on scientific evidence, about testing for these conditions. Talk to your physician about which ones apply to you and when and how often you should be tested.

- Colorectal Cancer
- HIV
- Depression
- Obesity
- Shingles Vaccine
- Blood Pressure
- Cholesterol
- Type 2 Diabetes
- Smoking Cessation

Keep the conversation open about health issues you may be facing. Individuals with male family members can help support and empower them to visit their healthcare provider regularly. The best way to be strong is by keeping your body healthy – physically and mentally.

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Colorectal Cancer

Colorectal cancer is the second most common cancer in the United States and a leading cause of death from cancer. In fact, it's estimated that nearly 153,020 new cases of colorectal cancer are diagnosed each year. Colorectal cancer affects people in all racial and ethnic groups and is most often found in people age 45 and older.

Screening saves lives

With screening, colorectal cancer is one of the most preventable cancers. Colon cancer and rectal cancer are also highly treatable if caught early. That's why on-time screening is essential and lifesaving.

There are many choices for early detection

Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early, when treatment works best.

- **Colonoscopy**
- **Stool DNA**
- **Fecal immunochemical test**
- **Guaiac fecal occult blood test**
- **Flexible Sigmoidoscopy**
- **Virtual colonoscopy**
- **Double Contrast Barium Enema**

Routine Colonoscopy

A routine colonoscopy every 10 years beginning at the age of 45 is paid at 100% when you choose an in-network provider. If you have a colonoscopy prior to age 45, you must have a medical diagnosis for it to be covered at medical level.

If you have certain risk factors, you may need to be screened earlier than 45. Speak with your in-network provider about developing a screening plan for you. They can recommend how and when you should be screened.



Exercise Regularly

Symptoms

Colorectal cancer first develops with few, if any, symptoms. It's vital to talk to a doctor if symptoms do appear. These may include:

- **A change in bowel habits**
- **Persistent abdominal discomfort**
- **Rectal bleeding**
- **Weakness or fatigue**

Colorectal cancer symptoms can also be associated with many other health conditions. Only a medical professional can determine the cause of your symptoms. Early signs of cancer often do not include pain. It is important not to wait before seeing a doctor. Early detection can save your life.

Tips for a healthy colon:

- **Eat fiber (fruits and vegetables)**
- **Drink plenty of water**
- **Take in whole grains**
- **Drink low-fat or fat-free milk**
- **Eat lean proteins (chicken, turkey) instead of processed meats (hot dogs, lunch meat)**
- **Reduce excess sugar and fried foods**
- **Limit alcohol intake**
- **Maintain a healthy weight**
- **Don't smoke**
- **Exercise regularly**
- **Monitor bathroom habits for any changes**