

healthy choices



live well. be well.

Men's Health



Men often neglect regular check-ups and screenings, risking their health. Listed below are top health concerns that men may face and how to screen for them.

Heart Disease. Heart disease is the leading cause of death in men in the United States. Risk factors for heart disease include high blood pressure, high cholesterol, smoking, diabetes, and obesity. Screening for heart disease involves checking blood pressure, cholesterol, and blood sugar levels.

Cancer. Is a significant health concern for men. The most common types of cancer in men are prostate, lung, and colorectal. Screening for prostate cancer involves a blood test called the prostate-specific antigen (PSA) test and a digital rectal exam. Screening for lung and colorectal cancer involves imaging tests like CT scans and colonoscopies.

Chronic lower respiratory disease (CLRD). CLRD is a group of conditions that affect the lungs, including chronic obstructive pulmonary disease (COPD) and other chronic conditions. Typical symptoms include shortness of breath, wheezing, increased mucus, chronic cough, racing heartbeat, and fatigue.

Stroke. According to CDC, four out of five strokes are preventable, and men are more likely to have a stroke than women. High blood pressure is the leading risk factor for stroke. However, nicotine use, heart disease, and certain medications can also increase your risk of a stroke.

Diabetes. Diabetes is a chronic disease that affects millions of men worldwide. Risk factors for diabetes include obesity, high blood pressure, high cholesterol, and a family history of the disease. Screening for diabetes involves a blood test that measures blood sugar levels.

FACTS

More than 1 in 3 men (34.1%) and more than 1 in 4 women (27.5%) are overweight based on the NIH guidelines.
(The National Institutes of Health)



Health Screenings

You should visit your health care provider from time to time, even if you are healthy. The purpose of these visits is to:

- Screen for medical issues
- Assess your risk for future medical problems
- Encourage a healthy lifestyle
- Update vaccinations and other preventive care services
- Help you get to know your provider in case of an illness.

Routine tests and screenings

Health screenings such as mammograms, colonoscopies, pap smears, cholesterol and blood pressure tests are effective means of spotting diseases before they get worse. In general, it's very important to stick to your schedule for these tests, which help give doctors early warnings if your health is changing.

Screenings and Important Visits:

Blood pressure

Colonoscopy

Diabetes

Mammogram

HIV Testing

Lung Cancer

Pap Smear

Lipid/Cholesterol

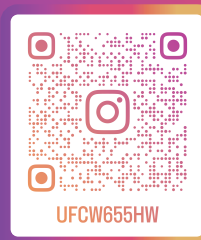


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