

Men's Health Preventive Playbook

A guide outlining recommended preventive measures and regular health screenings for men throughout different stages of life. This playbook aims to inform about routine checks and practices that can contribute to long-term well-being and early detection of health issues.

Step 1: **Lifestyle Habits**

Adopt a healthy lifestyle that includes a balanced diet, regular physical activity, sufficient sleep, stress management, and avoidance of smoking and excessive alcohol consumption.

Step 2: **Routine Checkups**

Schedule and attend annual physical exams with a healthcare provider to monitor vitals like blood pressure, weight, and other important health markers.

Step 3: **Cholesterol Screening**

Start regular cholesterol screenings at age 35 or younger if you have risk factors like a family history of heart disease. Repeat every 5 years or as recommended.

Step 4: **Diabetes Screening**

Undergo diabetes screenings if you have high blood pressure or take medication for high blood pressure, or if you have other risk factors. Begin screening at age 45 and repeat at least every 3 years.

Step 5: **Cancer Screenings**

Discuss with your healthcare provider to begin colorectal cancer screening at age 45. Consider screenings for other types of cancer such as prostate and lung based on your risk factors and family history.

Step 6: **Regular Dental Checks**

Visit the dentist once or twice a year for an oral health checkup and cleaning to prevent dental issues and detect any early signs of oral health problems.

Step 7: **Vision and Hearing Tests**

Have regular vision and hearing tests, especially if you notice changes or if related issues run in your family. Generally, aim for a check every 2 years.

Step 8: **Vaccinations**

Keep up to date with vaccinations, including flu shots annually, tetanus boosters every 10 years, and others as necessary (e.g., shingles, pneumonia, and hepatitis vaccines).

Step 9: **Skin Checks**

Perform self-exams for skin changes or irregularities monthly and consider a professional skin check annually, especially if you have a higher risk of skin cancer.

Step 10: **Mental Health Screening**

Be proactive about mental health. Seek regular screenings for depression and other mental health concerns, particularly if you're experiencing symptoms or undergoing significant life changes.

General Notes

Individual Variations

Remember that individual health recommendations may vary based on personal and family health history, pre-existing conditions, occupational hazards, and lifestyle choices.

Open Communication

Maintain transparent and open communication with healthcare providers about all aspects of health, including sexual and reproductive health, mental health, and any concerns that arise.

Emergency Situations

In case of emergency health situations, seek immediate care. Preventive measures are crucial, but they do not replace the need for urgent medical attention when necessary.