



Men's Health Checklist

Living a healthy lifestyle can lead to a longer, healthier, and happier life. Some of the most important things you can do for your health are listed here.

Top 5 Leading Health Concerns for Men¹

1. Heart Disease
2. Cancer
3. Injuries (car accidents)
4. Stroke
5. Chronic Obstructive Pulmonary Disease

Daily Health Tips

- Eat healthy foods
- Watch your weight
- Be active
- Watch how much alcohol you drink
- Manage stress
- Don't smoke or chew tobacco
- Complete annual screening tests
- Follow your doctor's advice
- Have annual check-ups with your doctor

Here is what you can do to follow these tips everyday:

What you eat and drink can prevent health issues like heart disease, high cholesterol, and diabetes. Choosing healthy foods also helps control your weight.

Eat Healthy Foods

Try not to eat these...

Eat these healthy foods...

Steaks, hamburgers, or red meat	Broiled, baked, or grilled fish, chicken, or turkey
Fried food like french fries	Fruits and vegetables
Whole milk or cheese	Skim or 1% milk and low-fat cheese
Butter, shortening, or lard	Olive oil or canola oil
Snack foods like chips, cakes, or chocolate	Healthy snacks like baked chips, fruit, vegetables, and yogurt
Soda or drinks with alcohol	Drink plenty of water and no more than 1-2 alcoholic drinks per day





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Watch Your Weight and Be More Active

Obesity (having too much body fat) is a major problem in the U.S.² Men who are overweight have an increased risk for diabetes, high blood pressure, heart disease, and stroke.³ By eating better and exercising you can lose extra weight. Here are some ways you can be more active:

- Exercise at least 30 minutes a day
- Take the stairs instead of elevators
- Walk more instead of taking the car
- Find fun ways to stay in shape like dancing, swimming, cutting the grass, or gardening

Manage Stress and Your Mental Health

Balancing your job and family life can cause a lot of stress. Find a way to lower your stress, like exercising or having a hobby. If you have any of these warning signs, call your doctor:

- Tiredness
- Loss of interest in work or hobbies
- Trouble sleeping
- If you are depressed or "down" for 2 weeks or more

Get help! It will make a difference in your health.

Don't Smoke or Chew Tobacco

Smoking can lead to lung cancer, lung disease, and heart disease. Chewing tobacco can cause cancer in your mouth. If you smoke, make a pledge to quit today! There is help out there: counseling, help lines, and medications. Speak to your doctor if you need help with quitting.

Screening Tests for Men: What You Need

Screening tests find diseases early and make them much easier to treat. Take the health checklist to your doctor on your next visit. Keep track of when you have these tests. Talk to your doctor about your results and write them down here. Ask your doctor when you should have your next test and any other questions you have. Bring both your questions and checklist to your next visit.

Questions to Ask My Doctor:

Examples might be: "Can you name all the tests that were done today, and tell me what my goals/numbers should be for each test?" "My father has colon cancer. When should I start getting screened?" "I've tried to quit smoking before. How can I do it for good?"

References

1. Womenshealth.gov. Men's Health. Top Ten Health Concerns of Men.
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2. CDC. U.S. Obesity Trends 1985-2005.
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IWW0891A 11/07