



### Preventive Care for Men

**Fact:**  
Regular preventive care saves lives.

**Fiction:**  
It's a myth that early cancer detection doesn't make a difference.

Regular preventive care saves lives and helps detect problems early, when they are most treatable.

### What to Do

Check with your doctor and your health care plan on the timing and recommended frequency of these health care screenings:

- Routine physical
- Weight/body mass index
- Blood pressure
- Cholesterol
- Diabetes
- Prostate cancer screening using a digital rectal exam and prostate-specific antigen test
- Colon cancer screening
- Immunizations

Other types of screening your doctor may do (depending on your personal and family history) include:

- A skin check
- A testicular exam
- An evaluation of blood flow in important arteries
- Eye exams and glaucoma screening
- Blood and urine exams for sexually transmitted disease
- Screening for infectious diseases such as tuberculosis and hepatitis C

Other things you can do:

- Don't smoke
- Eat a healthy diet
- Exercise regularly
- Maintain a healthy weight
- Don't drink alcohol, or drink only in moderation
- Don't abuse prescription or other drugs
- Wear your seat belt and drive the speed limit

\* IntelliHealth

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