



## Wellness Checklist for Men

### Men of all ages

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- Develop healthy habits, like quitting smoking, minimizing drinking and eating a balanced diet rich in fruits and vegetables, plenty of water, whole grains, lean protein and sufficient calcium to protect your bones.
- Create a regular exercise routine that you enjoy and will stick with- include cardiovascular, strength and flexibility training
- Make sleep a priority. Strive for eight hours.
- Continue to buckle your seat belt and refrain from distracted driving – these are the most effective ways to save lives and reduce injuries in crashes.
- Schedule annual wellness visits that include personal history, physical exam and emotional evaluation, preventative screening and counseling. Check your blood pressure, body mass index (BMI), and cholesterol.
- Talk with your clinician if you feel sad, down, or hopeless.
- Discuss any concerns or questions you may have about fertility or sexual performance with your clinician.
- Flu shots are recommended yearly.
- Maintain good oral hygiene- schedule a dental exam and cleaning every six months.
- Limit sun exposure. Talk with your clinician if you notice any skin changes or unusual moles, or if you have a family history of skin cancer.
- Find time to unwind. Chronic stress affects every system in your body.
- Schedule an eye exam at least every two years.
- Talk with your clinician about a hearing test if you are having any issues with your hearing.

### Twenties

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- Get the HPV vaccine, if you haven't already received it. Sexually active men should practice safe sex (i.e. use condoms), consider additional contraceptive options and be screened for sexually transmitted infections.
- Ask your clinician about meningococcal B vaccines.
- This is the time to imprint healthy habits that will stay with you for life- make time for stress reduction, self care, and restoration.

# Wellness Checklist for Men

## Thirties

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- Find the right work/life balance for you. Healthy behaviors in stress reduction, eating and sleeping well, and a regular exercise routine will stay with you as you age.

## Forties

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- Schedule diabetes screening. Type 2 diabetes is increasingly common in men over the age of 45.
- African-American men and men who have a family history of prostate cancer should discuss prostate cancer screening at age 45.

## Fifties

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- Get screened for Hepatitis C Virus- one time screening is recommended for adults born between 1945 and 1965.
- Talk to your clinician about screening for prostate cancer.
- Begin advanced care planning discussions and develop an understanding of your retirement / life goals to help guide medical decisions and as a motivation to improve your health.
- Know your heart-health numbers. These include cholesterol, blood pressure and blood glucose.
- Get screened for colon cancer. Your clinician can help evaluate your risk factors and schedule future exams.
- If you are a smoker, ask your clinician if a lung cancer screening is recommended for you.
- Ask your clinician if a shingles vaccine is recommended for you.

## Sixties

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- Eat healthy. Nutrition is more important than ever.
- Schedule a bone density test.
- A one-time screening for an abdominal aortic aneurysm is recommended for men 65 to 75 years of age with a history of smoking.
- For ages 60 and older, complete glaucoma screening with dilated eye exam every 2 years
- Talk to your clinician about screening for prostate cancer.
- Get screened for colon cancer. Your clinician can help evaluate your risk factors and schedule future exams.
- If you are a smoker, ask your clinician if a lung cancer screening is recommended for you.
- Get Tdap, pneumonia, and shingles vaccines, as recommended.
- Take safety precautions to reduce risk of falling or injury.
- Stay active mentally and physically.