



## Wellness Checklist for Men

### Men of All Ages

- Develop healthy habits, like quitting smoking, minimizing drinking alcohol, drinking plenty of water, and eating a balanced diet rich in fruits, vegetables, whole grains, and lean protein, with 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 8 hours a night.
- 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.
- Flu shots are recommended yearly.
- 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.

- Maintain good oral hygiene. Schedule a dental exam and cleaning every 6 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.
- If you smoke, use tobacco, or vape, consider quitting. Speak with your clinician about a plan that works for you.
- Find time to unwind. Chronic stress affects every system in your body.
- Schedule an eye exam at least every 2 years.
- Talk with your clinician about a hearing test if you are having any issues with your hearing.

### Twenties

- 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.

## Thirties

- Find the right work/life balance for you. Healthy behaviors in stress reduction, eating, and sleeping, and a regular exercise routine will stay with you as you age.
- Talk with your doctor about whether you would benefit from the HPV vaccine. Sexually active men should practice safe sex (i.e. use condoms), consider additional contraceptive options, and be screened for sexually transmitted infections (STIs).

## Forties

- 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.
- Talk with your doctor about whether you would benefit from the HPV vaccine. Sexually active men should practice safe sex (i.e. use condoms), consider additional contraceptive options, and be screened for sexually transmitted infections (STIs).

## Fifties

- Get screened for the 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 motivator 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

- Eat healthy. Nutrition is more important than ever.
- Get screened for hepatitis C virus. A one-time screening is recommended for adults born between 1945 and 1965.
- Ask your clinician if you are at risk for fractures, or should consider 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.