

# Men's Checklist

## What African American Men Should Know



### What do African American Men Need to Know to Stay Healthy?

Many men may have been taught how to fix a flat tire, a leaky faucet or even how to patch a hole in the wall, but do you know what you need to do to stay healthy? Did you know African American men are at higher risk for many health issues? If you are an African American man and want to stay healthy, this fact sheet may help you as you make your own list to keep your health in check.

### When Should African American Men get a Health Check?

Routine checkups can spot a number of conditions that can impact a man's health, including prostate cancer. Knowing when to seek health care may help you be more aware of your health. Many screenings and checkups can be planned, so it is good to know why you need them and how often to have them.

CHECKUPS & SCREENINGS	WHY?	WHEN?
<b>Physical Exam</b>	Preventative care for total health	Annually
<b>Testicular Exam</b>	Screens for testicular cancer	Annually, during physical exam or right away if you find lumps during self-exams.
<b>Blood Pressure</b>	Screens for hypertension (high blood pressure)	Annually or as directed by your health care team.
<b>Cholesterol</b>	If high, can lead to heart disease	Every 4-6 years or as directed by your health care team.
<b>Prostate-Specific Antigen (PSA) Test</b>	Screens for prostate cancer	African American men and men with a family history are at a higher risk for developing prostate cancer. Consider talking to your health care team about whether prostate cancer screening is right for you as early as age 40-45 for men who are at higher risk, such as black ancestry and a family history of prostate cancer.
<b>A1C Test</b>	Screens for high blood sugar levels	Over age 45. A1C testing is also recommended if you're younger, are overweight, or have other risk factors for diabetes. Talk to your health care team about screening.



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### What is the Most Common Cancer for African American Men?

For many men, cancer is a word you would rather avoid. Yet, learning about cancer may help you keep your health in check. The cancers that most affect men are:



PROSTATE



LUNG



COLORECTAL

African American men and Caribbean men of African ancestry face a higher risk for being diagnosed with prostate cancer. They are also more likely to be diagnosed with prostate cancer at younger ages. It is not clear why prostate cancer affects African American men more than other racial/ethnic groups, but it is known that African American men are over twice as likely to die of the disease.

### What Else Should African American Men Keep on their Health Checklist?

For men, urology includes the urinary tract and the male reproductive organs, or, you could think of them as the systems below the belt. Below are some other healthy living tips to keep in mind for your health checklist:

**Blood Pressure:** If you have a blood pressure of <120/80 mm Hg, it is a normal range, but 57% of African American men have high blood pressure (hypertension).

**Weight:** A normal body mass index (BMI) for African American men is 18.5 to 24.9. But 39 percent of African American men are not in that range and are considered overweight or obese. Also, a preferred cholesterol range should be less than 200 mg/dL. Talk with your health care team to understand your appropriate weight, BMI and cholesterol ranges.

**Sugar:** Keeping check for high blood sugar levels with an A1C test can help screen for diabetes. An A1C result below 5.7% is considered normal, 5.7% to 6.4% may be a sign of prediabetes, and 6.5% or higher may be a sign of diabetes.

**Sleep:** You should strive to get at least seven hours of sleep as an adult. Poor sleep habits may bring a higher risk for chronic disease. Consult with your health care team if you are having issues getting restful sleep.

**Sex:** Did you know that 30 million men have erectile dysfunction (ED) in the United States? ED may be influenced by smoking, obesity, diabetes, and sedentary life style. If you have ED, painful erections, blood in your urine or trouble passing urine, you should talk with your health care team.

**Vaccines:** The CDC recommends adults stay up to date on vaccines which you may be eligible for, including:

- COVID-19
- Flu
- Pneumococcal
- RSV (Respiratory Syncytial Virus)
- Tdap (Tetanus, diphtheria, whooping cough) or Td (Tetanus, diphtheria)
- Zoster
- Hepatitis B

Other vaccines may be needed based on age, medical conditions, or travel. Talk to your healthcare provider to learn more about your eligibility.

### About the Urology Care Foundation

The Urology Care Foundation a leading urologic foundation and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts.

To learn more, visit the Urology Care Foundation's website, [UrologyHealth.org/UrologicConditions](https://UrologyHealth.org/UrologicConditions)

### Disclaimer

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologist or health care provider about your health concerns. Always talk to a health care provider before you start or stop any treatments, including medications.

For copies of printed materials about Prostate Cancer and other urologic conditions, visit [UrologyHealth.org/Download](https://UrologyHealth.org/Download) or call 800-828-7866.

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