



Men's Checklist

What Latino Men Should Know

What do Latino 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 Latino men are at higher risk for certain health issues? If you are a Latino man and want to stay healthy, this fact sheet may help as you make your own list to keep your health in check.

When Should Latino Men get a Health Check?

Routine checkups can help identify 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?
Physical Exam	Preventative care for total health	Annually
Testicular Exam	Screens for testicular cancer	Annually, during physical exam or right away if you find lumps during self-exams.
Blood Pressure	Screens for hypertension (high blood pressure)	Annually or as directed by your health care team.
Cholesterol	High cholesterol can lead to heart disease	Every 4-6 years or as directed by your health care team.
Prostate-Specific Antigen (PSA) Test	Screens for prostate cancer	Consider talking to your health care team about whether prostate cancer screening is right for you as early as age 45-50 for men who are at average risk and as early as age 40-45 for men who are at higher risk, such as black ancestry and a family history of prostate cancer.
A1C Test	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.



Men's Checklist

What Latino Men Should Know

What is the Most Common Cancer for Latino 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 Latino men are:



PROSTATE



LUNG



COLORECTAL

Did you know about 17,000 Latino men will be told they have prostate cancer in a year? African American men and Caribbean men of African ancestry face a higher risk for being diagnosed with prostate cancer.

What Else Should Latino 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 over 45 percent of Latino men have high blood pressure (hypertension).

Weight: A normal body mass index (BMI) for Latino men is 18.5 to 24.9. But 45 percent of Latino men are not in that range and are considered overweight or obese. Follow up with your health care team to understand what your appropriate weight and BMI should be.

Cholesterol: A preferred cholesterol range should be less than 200 mg/dL with low-density lipoprotein below 100 mg/dL and triglycerides less than 150 mg/dL.

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 inactive 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 is the world's 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

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 more information about Prostate Cancer and other urologic conditions, visit UrologyHealth.org/Download or call 800-828-7866.

Funding and support provided by

