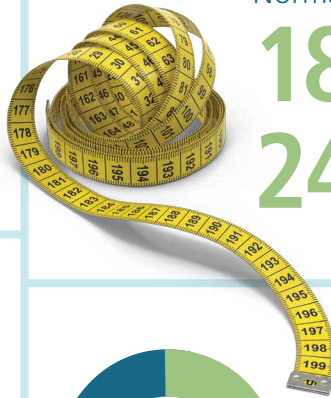


MEN'S HEALTH CHECKLIST

Men, you've been taught how to handle a flat tire, a leaky faucet or maybe even how to patch a hole in the wall, but do you know what it takes to stay healthy? Here are a few numbers to keep your health in check.

33%

of men have high blood pressure (hypertension)



Normal BMI is

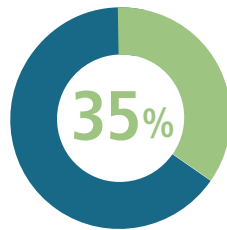
18.5-24.9

Preferred cholesterol range:
Less than

200 mg/dL

120/80 mm Hg

Normal blood pressure range (lower for patients with other illnesses)



35%

of adult men are obese

70-130 mg/dL

Target range for low-density lipoprotein (LDL) or the "bad" cholesterol



If your BMI is between

30-39.9

you're considered obese

60 mg/dL

or over: Healthy HDL (your good cholesterol) level. HDL under 40 is thought of as being at risk for heart disease

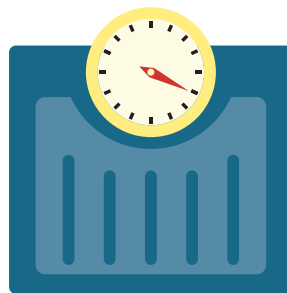


Higher levels of HDL = lower risk of heart disease

Blood pressure higher than

135/80 mm Hg

may be a sign of diabetes or other cardiovascular and metabolic disease



40

and over is considered morbidly obese

TOP THREE CANCERS FOR MEN

1. Prostate
2. Lung
3. Colorectal

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Men's Health Checklist

150 minutes
or **2½ hours**

Recommended amount of mild physical activity for adults per week. An example of a mild activity is brisk walking.



7-9



Recommended hours of sleep for adults. Poor sleep habits bring a higher risk for heart disease, diabetes, depression, erectile dysfunction and obesity. It may also cause more severe Lower Urinary Tract Symptoms (LUTS) in some men.

Less than
↓ 150 mg/dL
Healthy triglyceride level

| CHECKUPS & SCREENINGS | WHY? | WHEN |
|--------------------------------------|---|--|
| Physical Exam | Preventative care for total health | Annually |
| Testicular Exam | Screens for testicular cancer | Annually, during physical exam or monthly if lumps are found during self-exams |
| Blood Pressure | Screens for hypertension (high blood pressure) | Every 2 years, or as directed by your doctor |
| Cholesterol | If high, can lead to heart disease | Every 5 years, or as directed by your doctor |
| Prostate-Specific Antigen (PSA) Test | Screens for prostate cancer | Starting at age 55, or as directed by your doctor. African American men and men with a family history are at a higher risk for developing prostate cancer. Talk to your doctor about whether prostate cancer screening is right for you. |
| A1C Test | Screens for high blood sugar levels, which could mean a greater risk for diabetes | If your blood pressure is higher than 135/80 or if you take medicine for high blood pressure, talk to your doctor about screening for diabetes |



Triglycerides are a type of fat found in your blood. Too much of this fat may raise your risk of heart disease, diabetes and stroke. Lower numbers are better.

See your doctor – routine checkups can spot a number of conditions that can impact a man's health, including prostate cancer, which affects

**1 IN 7
MEN**