



FOR
YOUR OWN
GOOD

THE MANUAL FOR
BETTER MEN'S HEALTH

BY
EL CAMINO HOSPITAL



MEN'S **HEALTH** *101*

LOOKING UNDER THE HOOD

Oh, man! Your body is far more complicated than the most sophisticated vehicle — even more complicated than a self-driving car. But you share one thing with engines, transmissions and brakes: You last longer and function better with regular maintenance.

That sounds easy, right? You have your car serviced on schedule and have those worrisome leaks and squeaks checked out and fixed. You should be right on top of your own checkups and doctor visits.

But when it comes to maintaining your own health, you have some significant hurdles to overcome. If you're like most men, taking care of your health is one of the last things on your mind.

GET A JUMP ON HEALTH

As a man, you're statistically less likely to go to the doctor. When you do go, it's often only after a serious condition has already developed.

But men are also problem solvers, and now is the time to put that skill to work. Follow these straightforward strategies to tackle any health issues you have now and also prevent future problems:

FIND A DOCTOR YOU LIKE AND TRUST

Your primary care doctor is your first line of defense against illness. He or she will see you for routine care, physicals and managing chronic conditions such as high blood pressure.



You need to feel confident and comfortable with your doctor, so look for one who:

- Understands your concerns, speaks your preferred language, and takes the time to answer your questions.
- Personalizes your care, taking into consideration your specific health risks as well as your own cultural preferences for healthcare.
- Gives you clear guidance on how to stay as healthy as possible into the future.

If you don't have a primary care doctor, you can find one near you by visiting the El Camino Hospital website or by calling [800-216-5556](tel:800-216-5556). Our family doctors and internal medicine physicians are committed to excellent care, and if you need a specialist, you'll be referred to one through the extensive network of El Camino Hospital.

PRIVATE PERSONALIZED CARE

Some health issues are deeply personal and do best with care that is focused and discrete. For example, conditions such as high blood pressure, obesity or diabetes can often lead to erectile dysfunction. If you have such concerns, you may be more comfortable with the private and confidential environment at El Camino Hospital's [Men's Health Program](#) where experts help find the source of a full range of health issues. Call [408-866-3856](tel:408-866-3856) to schedule an appointment with a Men's Health Program doctor.



KNOW YOUR RISKS

When you're young or if you just feel fine, it's easy to believe that health risks apply to someone else. But most men have factors that put them at risk for specific problems.

That includes things like:

AGE

Many illnesses are more likely as you get older.

LIFESTYLE CHOICES

Whether you smoke, what you eat and how often you're physically active all affect your health.

WEIGHT

If you are overweight, your risks are elevated for diabetes, heart disease and other conditions.

FAMILY HEALTH HISTORY

Higher risks for some illnesses can run in families.

ETHNICITY

Some conditions are more common among certain ethnic groups. For example, Asian-Americans are more likely to have hepatitis B, Hispanics are at higher risk for diabetes, and prostate cancer is more common among African-Americans.

You can't change your age or your inherited health risks. But your risks aren't your destiny, and there's a lot you can do to minimize them. The first step is to talk to your doctor — he or she can let you know where you stand now and what you need to do to stay healthy.



HAVE REGULAR **CHECKUPS** & **SCREENINGS**

Screenings play an important role in healthcare, and getting the right tests at the right time can ward off health problems. Along with checkups, they can also put your mind at ease.

That's true for young men as well as older adults. Start with an annual physical with your personal doctor — these regular exams can find problems before they start.

Depending on your age and health risks, you should also have specific screening tests even if you feel fine.

GET SCREENED

Get a head start on health with these tests and immunizations:

- Discuss with your healthcare provider
- 1 Every year
- 2 Every two years
- 3 Every three years
- 5 Every five years
- 10 Every 10 years
- 1x One time only
- M Monthly self-exam and part of general checkup

DECADE:	20s+	30s+	40s+	50s+	60s+	70s+
GENERAL HEALTH						
Full checkup, including weight and height	<input checked="" type="radio"/> 2	<input checked="" type="radio"/> 2	<input checked="" type="radio"/> 2	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1
Sleep habits — Discuss at annual exam	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1
IMMUNIZATIONS						
Tetanus — diphtheria booster	<input checked="" type="radio"/> 10	<input checked="" type="radio"/> 10	<input checked="" type="radio"/> 10	<input checked="" type="radio"/> 10	<input checked="" type="radio"/> 10	<input checked="" type="radio"/> 10
Influenza	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1
Pneumococcal				<input checked="" type="radio"/> 1x	<input checked="" type="radio"/> 1x	<input checked="" type="radio"/> 1x
Herpes zoster					<input checked="" type="radio"/> 1x	<input checked="" type="radio"/> 1x
Thyroid screening		<input checked="" type="radio"/> 5	<input checked="" type="radio"/> 5	<input checked="" type="radio"/> 5	<input checked="" type="radio"/> 5	<input checked="" type="radio"/> 5
Diabetes check — Fasting blood glucose	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> 3	<input checked="" type="radio"/> 3	<input checked="" type="radio"/> 3	<input checked="" type="radio"/> 3
CARDIOVASCULAR HEALTH						
Blood pressure	<input checked="" type="radio"/> 2	<input checked="" type="radio"/> 2	<input checked="" type="radio"/> 2	<input checked="" type="radio"/> 2	<input checked="" type="radio"/> 2	<input checked="" type="radio"/> 2
Cholesterol — Total, LDL, HDL, and triglycerides	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
REPRODUCTIVE HEALTH						
Testicular exam	<input checked="" type="radio"/> M	<input checked="" type="radio"/> M	<input checked="" type="radio"/> M	<input checked="" type="radio"/> M	<input checked="" type="radio"/> M	<input checked="" type="radio"/> M
Sexually transmitted diseases	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

GET SCREENED

- Discuss with your healthcare provider
- M+3 Monthly self-exam and every three years by your healthcare provider
- 1 Every year
- 2-4 Every two to four years
- 10 Every 10 years
- 5+ Every five years (if not having a colonoscopy)
- ☉ Get your eyes checked if you have problems or visual changes
- M+1 Monthly self-exam and every year by your healthcare provider
- 6M Every six months
- 1-2 Every one to two years
- 5 Every five years
- 5-10 Every five to 10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)
- 5+ Every five years (if not having a colonoscopy or sigmoidoscopy)

DECADE:	20s+	30s+	40s+	50s+	60s+	70s+
PROSTATE HEALTH						
Digital rectal exam (DRE)			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prostate-specific antigen (PSA)			<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
EYES, EARS AND TEETH						
Eye exam	<input checked="" type="radio"/> ☉	<input checked="" type="radio"/> ☉	<input checked="" type="radio"/> 2-4	<input checked="" type="radio"/> 2-4	<input checked="" type="radio"/> 1-2	<input checked="" type="radio"/> 1-2
Hearing test	<input checked="" type="radio"/> 10	<input checked="" type="radio"/> 10	<input checked="" type="radio"/> 10			
Dental exam	<input checked="" type="radio"/> 6M	<input checked="" type="radio"/> 6M	<input checked="" type="radio"/> 6M	<input checked="" type="radio"/> 6M	<input checked="" type="radio"/> 6M	<input checked="" type="radio"/> 6M
SKIN HEALTH						
Mole exam	<input checked="" type="radio"/> M+3	<input checked="" type="radio"/> M+3	<input checked="" type="radio"/> M+3	<input checked="" type="radio"/> M+1	<input checked="" type="radio"/> M+1	<input checked="" type="radio"/> M+1
COLORECTAL HEALTH						
Rectal exam	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/> 5-10	<input checked="" type="radio"/> 5-10	<input checked="" type="radio"/> 5-10
Fecal occult blood test				<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1	<input checked="" type="radio"/> 1
Flexible sigmoidoscopy				<input checked="" type="radio"/> 5+	<input checked="" type="radio"/> 5+	<input checked="" type="radio"/> 5+
Double contrast barium enema (DCBE)				<input checked="" type="radio"/> 5+	<input checked="" type="radio"/> 5+	<input checked="" type="radio"/> 5+
Colonoscopy				<input checked="" type="radio"/> 5	<input checked="" type="radio"/> 5	<input checked="" type="radio"/> 5

You can learn more about the screenings and immunizations you need — and much more about your health — with El Camino Hospital's [HealthPerks](#). Sign up for this free program to stay up to date on the latest health information.

TUNE UP YOUR HEALTH

The checklist for a healthy life is no secret: Don't smoke, get regular exercise, and eat right. We all know these things, but making them happen can seem like a very steep hill to climb.

Try starting small and working up to where you want to be. First, check with your doctor to see if exercise is safe for you, and then use these strategies:

Start being more active with a 10-minute walk every day. Keep adding a few minutes and more activities until you're exercising at least 30 minutes a day.

Move toward a healthy diet by adding a few veggies to each meal and keeping some fruit slices in the fridge for snacking. Cut back on processed foods (pretty much anything that comes in a box or can), and replace some meats with fish. Your goal is to eat mostly plant-based foods, including ones made with whole grains.

Get to a healthy weight. Your added exercise along with eating right can help you shed extra pounds and keep them off. Losing weight can lower your risk for diabetes, heart disease and other problems and also give you more energy and lift your mood.

Set a date to quit smoking, and tell your family and friends about your plan. Ask your doctor about behavioral therapy or medications that can help you quit.

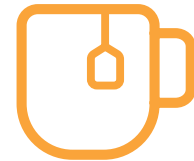
Take your medicine. Many health conditions can be treated with medications if you take them correctly. Follow the directions, and call your doctor right away if you have any problems.

Reduce stress. Give yourself permission to step away from stressful situations at home and at work. Make time for yourself, and use some of it to be physically active — a proven stress reliever.

If you drink alcohol, do it in moderation (not more than two drinks a day). Excessive alcohol use can lead to high blood pressure, liver disease, certain cancers and other health problems.

Get enough sleep. Ongoing lack of sleep is linked to an increased risk for heart disease, high blood pressure, diabetes and other serious conditions. It can also interfere with work, school and relationships.

GIVE YOURSELF A BREAK



If you've been keeping your health on the back burner, you're not alone. But while you're doing other things, you may be missing the opportunity for a simple fix that could ward off a serious problem. Getting started now can free your mind to focus on enjoying life.



Make an appointment with your doctor today to talk about your health. To find a primary care doctor who will give you careful, personalized care, call El Camino Hospital at [800-216-5556](tel:800-216-5556).

ONLINE RESOURCES *FOR* MEN'S HEALTH

USE THESE RESOURCES
TO LEARN MORE ABOUT
STAYING HEALTHY

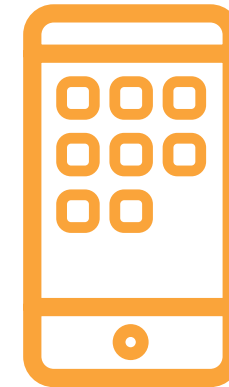
GENERAL MEN'S WELLNESS

[Medical Checkups Men Need to Stay Healthy.](#) Check this list of recommended health and wellness tests and screenings.

[Men and Stress.](#) Find out how stress affects men and women differently.

[Six Top Threats to Men's Health.](#) Learn about these threats and how to avoid them.

[Are Bad Habits Killing You?](#) Take a look at some common habits that can affect your health.





El Camino Hospital[®]
THE HOSPITAL OF SILICON VALLEY

800-216-5556

www.elcaminohospital.org



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