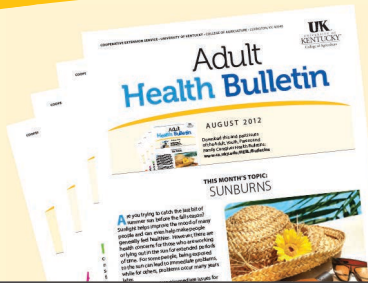


# Adult Health Bulletin



JUNE 2015

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## THIS MONTH'S TOPIC: MEN'S HEALTH SCREENINGS

**S**taying healthy requires more than just eating right and staying active. Part of staying healthy is making sure that you go to the doctor and get preventive tests done regularly. When you are able to get screenings done as suggested, they can help to find diseases early, rather than allowing them to get out of control. Usually, when you find a disease at the onset, it is also easier to treat. Make sure to talk to your healthcare provider about what tests you need.

Here are some of the screenings that you may or may not need next time you have a visit with your healthcare provider:

**Cholesterol:** You should have your cholesterol checked on a regular basis starting at the age of 35 for men. If you have risk factors such as diabetes, history of heart disease, tobacco use or high blood pressure, you may be asked to have your cholesterol levels checked regularly starting at the age of 20.



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# ***If you have high blood pressure, talk to your healthcare provider. You may need medication to control it.***

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**Blood pressure:** You should have your blood pressure checked every 2 years, at a minimum. If you have high blood pressure, you will have an increased risk of heart or kidney disease. High blood pressure also increases the risk of having a stroke. If you have high blood pressure, make sure to talk to your healthcare provider. You may need medication to control it.

**Colorectal cancer screening:** Starting at the age of 50 and through age 75, you should get tested for colorectal cancer. There are different tests available. You and your healthcare provider can determine which test is best. Depending on which test is chosen determines how often it will need to be repeated. If you have a family history of colorectal cancer, talk to your healthcare provider about when you should start being screened for colorectal cancer. It could be before the age of 50.

*Screenings can help find diseases early, rather than allowing them to get out of control. Usually, when you find a disease at the onset, it is also easier to treat.*

**Other cancer screenings:** Talk to your healthcare provider about other cancer screenings. Lifestyle choices and environmental conditions can impact which screenings you may need. Other screenings might include skin, lung and prostate.

**Depression:** Depression can be a serious illness. If you have apparently lost interest in doing things that you usually enjoy and have felt “down” or “hopeless,” take a few minutes to tell your healthcare provider about it. Depression is treatable and you and your healthcare provider should be able to find some ways to help.

**Diabetes:** If you have frequent thirst, frequent urination, fatigue and/or high blood pressure, you should talk to your doctor about diabetes. Diabetes,



also known as high blood sugar, can cause problems with your heart, eyes, feet, kidneys, nerves and other body parts.

There are many different preventative screenings. Talk to your healthcare provider about which ones are most needed for you.

### **SOURCE:**

Agency for healthcare Research and Quality. (2012). Get Preventative Tests. <http://www.ahrq.gov/patients-consumers/patient-involvement/healthy-men/tests/index.html>

Adult  
**Health Bulletin**

**Written by:** Nicole Peritore  
**Edited by:** Connee Wheeler  
**Designed by:** Rusty Manseau  
**Stock images:** 123RF.com

