


Men's Guide to Living Healthy




Advent Health

A photograph of a man, a young boy, and an older man in a tomato field. The man is leaning over the boy, who is looking at a tomato. The older man is sitting next to them, also looking at the tomato. They are all smiling and appear to be enjoying the activity. The field is filled with green and red tomatoes on the vines.

AdventHealth is partnering
with you to feel whole.

To be matched with a primary care
provider who is just right for you, take
a quick survey on [MyHealthKC.com](https://www.myhealthkc.com).



Take Charge of Your Health

At AdventHealth Shawnee Mission, we are dedicated to improving the health of all individuals, including the men who live and work in the communities we serve – men like you.

We believe that when it comes to what matters related to good health, men deserve special attention. Research shows that compared to women, American men are less likely to regularly see their physician, less likely to carry health insurance and more likely to delay seeking health care, both for prevention and even when a problem is detected.

We think it's time to change those trends. Our goal is to help men understand the importance of caring for their health. You know that you should be exercising regularly and practicing good nutrition, and that you are supposed to maintain a healthy weight and visit your doctor regularly for check-ups. But it's more than just exercising, watching what you eat and visiting your doctor...it's about taking charge!

There are many things you can do to feel your best and enhance your overall health. We are here to help you take the important steps that will keep you healthy and make you feel whole.

Heart Health

Coronary heart disease is America’s number one killer. Today, more than one in five Americans suffer from some form of cardiovascular disease, with more than 2,500 Americans dying from it each day. As we age, our family history can increase our risk of cardiovascular disease, as can work and home environments and the lifestyle choices we make. If you want your heart to be healthy for the rest of your life, follow this prescription:

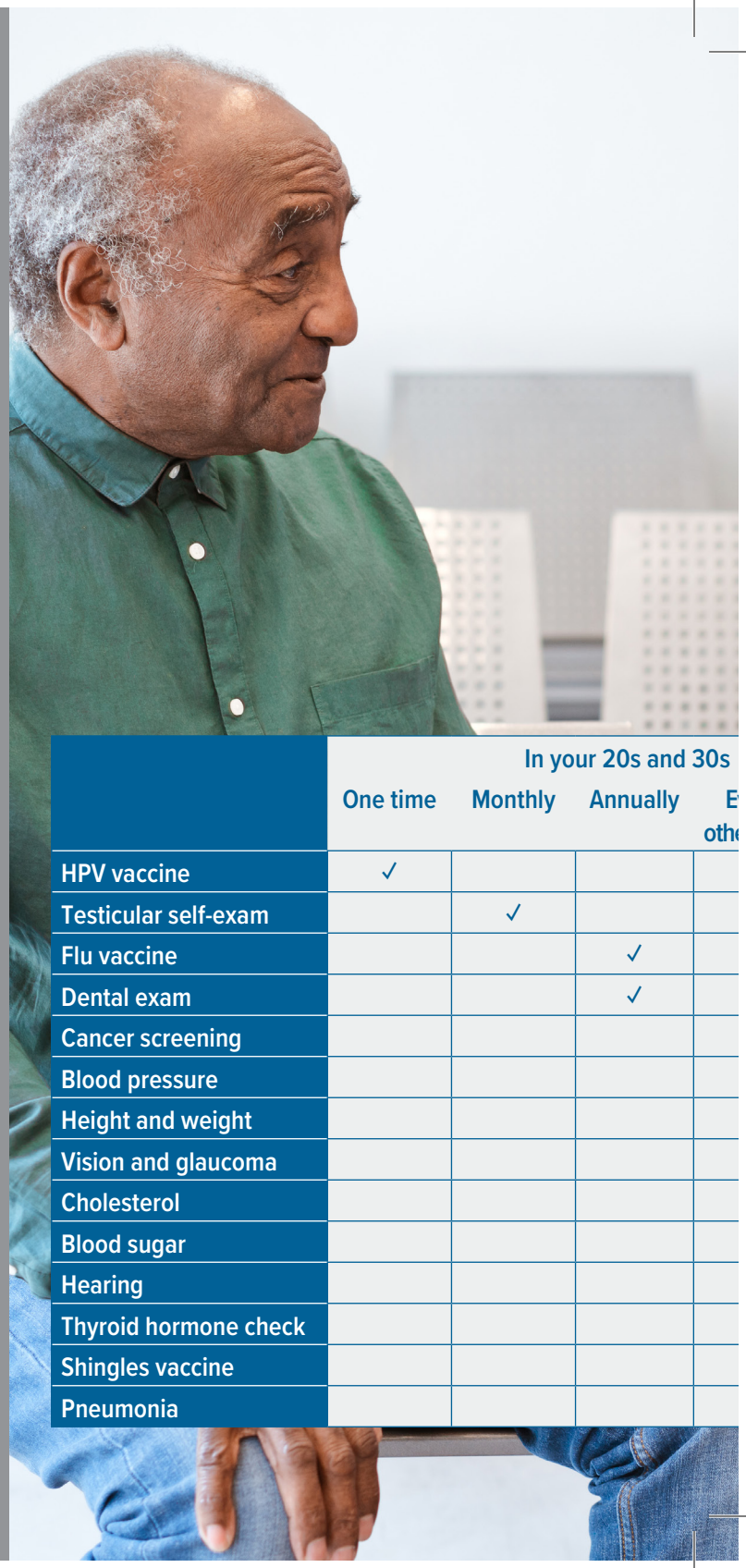
- Get plenty of exercise.
- Follow a good diet.
- Keep your heart clean: stay smoke-free, drug-free and limit alcohol consumption.
- Ask your doctor if your risk is high enough to take aspirin daily for prevention.

Know your “silent killer” numbers

According to recent estimates, nearly one in three U.S. adults has high blood pressure, but because there are no symptoms, nearly one-third of these people don’t know they have it. Uncontrolled high blood pressure, also called hypertension, can lead to stroke, heart attack, heart failure or kidney failure. This is why hypertension is often called the “silent killer.” The only way to tell if your blood pressure is high is to have it checked. Once hypertension is detected, it can be controlled with medication.

The other “silent killer” is cholesterol. Not all cholesterol is bad. In fact, you need some cholesterol. The trouble comes when there is too much bad cholesterol and not enough good cholesterol. Bad cholesterol, known as LDLs, can pump artery walls full of dangerous plaque, which raises the risk of heart attack and stroke. Good cholesterol, known as HDLs, help sweep out those nasty LDLs, but only if you have a lot of it. Cholesterol screenings also reveal levels of triglycerides, another blood fat that can raise heart attack and stroke risk.

For the most up-to-date information on healthy ranges for blood pressure, cholesterol and triglycerides, visit the American Heart Association’s website at Heart.org. For a free online heart disease risk assessment, visit AdventHealthKC.com/Heart.

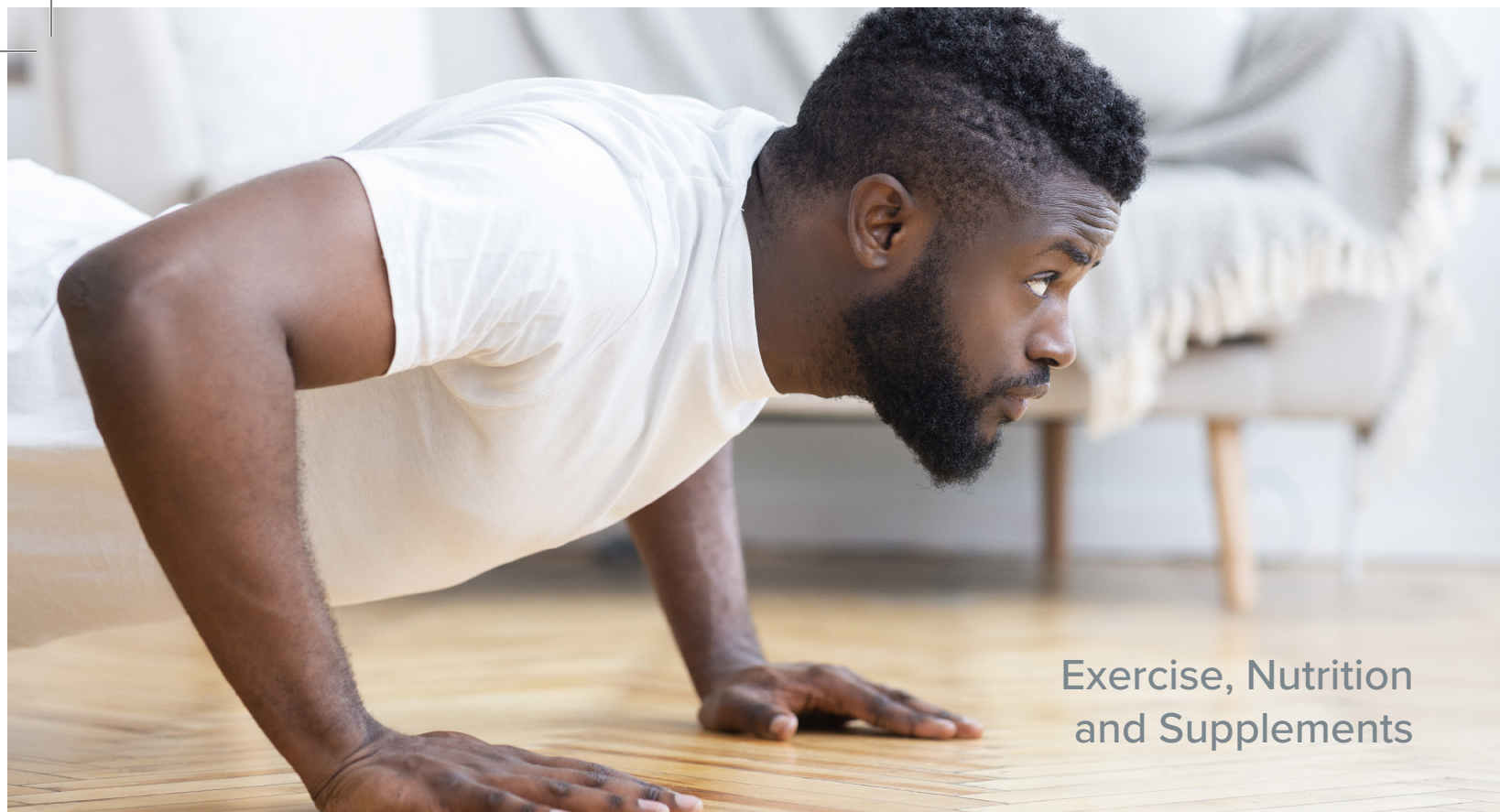


	In your 20s and 30s			
	One time	Monthly	Annually	Every other year
HPV vaccine	✓			
Testicular self-exam		✓		
Flu vaccine			✓	
Dental exam			✓	
Cancer screening				
Blood pressure				
Height and weight				
Vision and glaucoma				
Cholesterol				
Blood sugar				
Hearing				
Thyroid hormone check				
Shingles vaccine				
Pneumonia				

Screenings

Visiting your doctor for regular screenings can help with early detection of diseases and other ailments. Below are general guidelines on the health screenings that are typically recommended for men throughout the decades of adulthood. It's important to note that these are general guidelines only; your personal needs may vary based on family medical history, risk factors and other circumstances. A conversation with your doctor will help you determine what screenings are right for you and at what intervals.

In your 30s			In your 40s			In your 50s			In your 60s and 70s		
Annually	Every other year	Every 5 years	Annually	Every other year	Every 3-5 years	Annually	Every other year	Every 3-5 years	Annually	Every other year	One time
			✓			✓			✓		
			✓			✓			✓		
			✓			✓			✓		
	✓			✓			✓		✓		
	✓			✓			✓		✓		
				✓			✓		✓		
		✓			✓			✓		✓	
										✓	
											✓



Exercise, Nutrition and Supplements

Get moving

More than half of American men (and women) do not get enough physical activity. Regular physical activity goes a long way in improving health and lowering the risk of premature

aging and death. There are 1,440 minutes in every day; carve out just 30 minutes a day on most days of the week to do some moderate physical exercise and you will:

REDUCE...	LOWER...	HELP...
<ul style="list-style-type: none"> ● the risk of developing coronary heart disease ● the risk of stroke ● the risk of developing colon cancer ● feelings of depression and anxiety ● the risk of having a second heart attack if you have already had one heart attack ● feelings of stress 	<ul style="list-style-type: none"> ● the risk of developing high blood pressure ● blood pressure if you already have hypertension ● the risk of developing non-insulin-dependent (type 2) diabetes ● total blood cholesterol and increase high-density lipoproteins (HDL, or the “good” cholesterol) 	<ul style="list-style-type: none"> ● yourself achieve and maintain a healthy body weight ● build and maintain healthy bones, muscles and joints ● improve sexual performance ● promote psychological well-being

Source: The Centers for Disease Control and Prevention

Make wise food choices most of the time

Eating right can have a big impact on your health, your life expectancy and your risk for developing lifestyle illnesses such as heart disease, cancer and diabetes. We know foods in their most natural state provide the best source of nutrition, and variety is important for a balanced diet. The National Institutes of Health recommends men eat five to nine servings of fruits and vegetables daily.

Get plenty of:

- Fruits
- Vegetables
- Whole grains
- Low-fat or non-fat dairy products
- Lean meats
- Poultry
- Fish
- Legumes
- Water.

Go easy on:

- Salt
- Sugar
- Alcohol
- Soda, including diet/sugar-free varieties
- Saturated fat.

Health in a bottle?

You may be tempted to boost your health and fitness with supplements. Though supplements can have benefits for some people, it's usually best to focus on getting your daily dose of vitamins and nutrients from a well-rounded diet. Many supplements have the potential to cause serious drug interactions or complicate existing medical problems. Before you start taking any supplement, check with your doctor to be sure it's safe and to determine what dosage is right for you.

What's in your cup?

Drinking plenty of water is essential for optimal health. Specific water consumption recommendations vary based on weight and other factors, but a good baseline for adults is to drink at least 64 oz., or half a gallon, of water per day.

Drinking alcohol, on the other hand, can often have a negative impact on a man's health. Too much alcohol can affect all aspects of your life: sleep, erections, mood and overall health. Drinking in excess can increase your risk for cancer and other diseases. And if you drink more than three glasses of alcohol a day, you're doing damage to your liver.



	Prostate Cancer	Colon Cancer
both	<ul style="list-style-type: none"> ● Second leading cause of death in men ● A 60-year-old man has a 50 percent chance of suffering from an enlarged prostate ● Most cases occur in men older than 50, and more than 70 percent of these cases are in men over 65 ● African American men are more likely to develop it and twice as likely to die from it ● Having one or more close relatives with prostate cancer increases risk ● Eating a diet high in animal fat increases risk 	<ul style="list-style-type: none"> ● Third leading cause of death in men—and second most common cause of cancer-related death overall ● Most colorectal cancers are found in people over 50 ● Individuals with a personal or family history of the disease are at greater risk ● People who have polyps in the colon or rectum or inflammatory bowel disease are at greater risk ● A diet of mostly high-fat foods, especially from animal sources, increases risk ● Being overweight, smoking and being inactive all increase risk
	<ul style="list-style-type: none"> ● Blood in the urine ● The need to urinate frequently, especially at night ● Weak or interrupted urine flow ● Pain or burning feeling while urinating ● The inability to urinate ● Constant pain in the lower back, pelvis or upper thighs 	<ul style="list-style-type: none"> ● Change in bowel habits: frequency, constipation, diarrhea, etc. ● Bright red blood in stool ● Dark discoloration of stool – a possible sign of hidden blood ● Abdominal pain
		<ul style="list-style-type: none"> ● Eating a low-fat diet rich in fruits and vegetables may lower the risks
g a	<ul style="list-style-type: none"> ● Prostate cancer screenings include digital rectal exams (DRE) and prostate-specific antigen (PSA) blood tests ● Different providers may have different recommendations for prostate cancer screening and when or if to start PSA blood tests or exams ● Discuss your personal and family medical history with your physician to determine your best course of action 	<ul style="list-style-type: none"> ● The American Cancer Society recommends one of these testing options beginning at age 50: colonoscopy, flexible sigmoidoscopy, fecal occult blood test, fecal DNA test ● Further recommendations about colon cancer screenings are based on your personal health history and risk factors ● Talk with your physician to determine your best course of action

Sleep, Smoking, Sex and Psychology



Sleep is underrated

When men don't get enough sleep, they often try to power through the fatigue rather than making sleep a priority. But chronic lack of sleep can lead to serious health problems, including an increased risk for heart disease, high blood pressure, diabetes and a weakened immune system.

Most people need seven to nine hours of good sleep every night, and the amount of sleep required varies from person to person. Here are things you can do to improve the quantity and quality of your sleep:

- Go to bed and wake up around the same time, even on weekends.
- Don't exercise or eat a big meal late in the evening.
- Avoid alcohol, caffeine and nicotine before bed.
- If you take a nap, do so in the early afternoon and limit it to one hour.

Kick the tobacco habit

Understatement of the day: smoking and other tobacco use is bad for you. Smoking is linked to cancer and lung disease. Smokers triple their risk of dying from heart disease, not to mention the risks of second-hand smoke for your family. Smoking is estimated to kill 400,000 Americans every single year. There are plenty of reasons to kick the habit, but we realize it's easier said than done. Because smoking is addictive, it affects both the body and the mind, and the withdrawal symptoms are similar to withdrawal from drugs. But you can quit. In fact, one million Americans quit smoking every year, and almost 50 million Americans are former smokers. Almost everyone who quits has to try more than once. For information on AdventHealth Shawnee Mission's smoking cessation resources, visit AdventHealthKC.com.

Sexual health

Your sexual health is a good indicator of your overall health, and lifestyle choices can have a big impact on sexual performance. If you are overweight, out of shape, a smoker or have undiagnosed or uncontrolled health problems, your sexual performance is going to suffer. Keep in mind that most erectile problems are avoidable, and most problems that do arise are treatable. You can prevent many issues by following some common-sense guidelines:

- **Achieve and maintain ideal body weight.** The most effective prevention for erection problems is a healthy lifestyle.
- **Work out regularly.** Exercise produces nitric oxide, a chemical that is critical to maintaining an erection.
- **Lose the cigarettes.** Nicotine has been proven to interfere with normal erections.
- **If you have diabetes, get it under control.** Men with diabetes have erection problems more than twice as often as other men.
- **Schedule regular physical exams.** Your doctor can help you detect problems that could lead to erection issues.
- **Be honest with your doctor.** If you have a problem, it may be a sign of a more serious issue or the result of a medication you're taking.

Psychological wellness

Good mental health is as important as good physical health. You probably know it's best to maintain a low-stress environment and keep a positive attitude, but there are a lot of factors that contribute to a man's mental health.

Mid-life health

A man's mid-life crisis, or "male menopause," usually occurs between the ages of 40 and 55 and is characterized by a drop in testosterone. Symptoms may include:

- Energy loss
- Depression
- Irritability
- Boredom with the lifestyle that used to bring happiness
- Feeling adventurous and yearning for change
- Questioning the validity of earlier life decisions
- Confusion about where your life is going
- Loss of libido
- Sexual dysfunction

Depression

Each year, six million men in the U.S. are affected by depression. Because men are less likely to admit to depression and doctors are less likely to suspect it in men, initial diagnosis is often delayed. The rate of suicide in men is four times that of women, and the rate of suicide rises after age 45, reaching a peak after age 85. Any time you have concerns about the way you feel, talk to your health care provider.

Job Burnout

Job burnout is a legitimate disorder and can have devastating effects. It is characterized by a state of physical, emotional and mental exhaustion due to a long-term highly demanding work environment. If you feel you are approaching a stage of burnout, do something about it before it's too late.

To be matched with a primary care provider who is just right for you, take a quick survey on [MyHealthKC.com](https://www.myhealthkc.com).



9100 West 74th Street | Shawnee Mission, KS 66204
913-676-2000 | AdventHealthKC.com

For a list of AdventHealth Medical Group primary care locations or to request an appointment, visit AdventHealthKC.com or call 913-676-2071.

AdventHealth Shawnee Mission complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi theo số điện thoại dưới đây.

800-906-1794 (TTY 407-200-1388)

