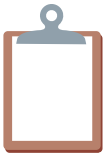


# Why You Need To Men's Health C

## What you need to do,

Name: \_\_\_\_\_  
 Year: \_\_\_\_\_  
 Doctor: \_\_\_\_\_  
 Doctor: \_\_\_\_\_  
 Medications: \_\_\_\_\_  
 Allergies: \_\_\_\_\_  
 \_\_\_\_\_



The top health concerns for men are still heart disease and cancer, with accidents and stroke at a distant 3rd and 4th. While male life expectancy is still 5 - 10 years less than female life spans, the top killers of men are highly preventable by simply getting annual checkups and health screenings. Unfortunately, men don't visit their physicians for checkups as often as they should. Recent reports say fewer than 40% of all doctor visits are by men, and some 15 million men haven't seen a doctor since Ronald Reagan was president!



## Age 20s

In your 20s, it's drive time. You're leading an intense and active lifestyle. Your career and social life are kicking in and it's a great time to start annual checkups and baseline screenings.

CHECK INDICATES FAMILY HISTORY

### ✓ WHAT YOU NEED

- Routine Physical (Every 2-5 years)
- Annual Flu Shot
- First Cholesterol/Lipid Panel (Every 2-5 years depending on risk)
- First Blood Pressure Check
- Tetanus Booster (Every 10 Years)
- Testicular Self-Exam (Monthly)
- Skin Self-Exam (Monthly)

Annual Blood Pressure Check

Diabetes Screening (Every 3 Years)

### Other Tests/Results

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

21    22    23    24    25    26    27    28    29

Note: Testing may need to be more frequent if abnormalities are found.

### My health notes -

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Prior to scheduling an appointment, check with your insurance company to verify coverage**