



What Men Need to Know...

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Know The Facts

- Know the facts:
 - Almost 3 out of 4 American men are overweight
 - One in 5 American men has heart disease.
 - One in 3 American adults has high blood pressure.
 - Nine in 10 lung cancer deaths are caused by cigarette smoking.
- The single most important way you can take care of yourself and those you love is to stay healthy.
 - Educate yourself on health care
 - Participate in decisions with your health care provider



Make Healthy Choices

- You can make healthy choices every day.
 - **Be physically active.**
 - Work up to 30 minutes a day of moderate physical activity for most days of the week.
 - Include cardio and strength training
 - Increase your activities of daily living (i.e. take the stairs instead of the elevator, park the car farther away from the entrance)
 - **Eat a healthy diet.**
 - Aim for 5 servings of fruits and vegetables per day
 - Eliminate sugar containing beverages and replace with low fat milk or water
 - Whole grains, lean meats, and nuts are also healthy choices
 - **Stay at a healthy weight.**
 - Try to balance the calories you take in with the calories you burn with your physical activities.
 - As you age, eat fewer calories and increase your physical activity. This will prevent gradual weight gain over time.



- **Drink alcohol in moderation or not at all.**

- Do not exceed 2 drinks per day
- Individuals who should not drink at all
 - People who cannot restrict their drinking to moderate levels.
 - People who plan to drive, operate machinery, or take part in other activities that requires attention, skill, or coordination.
 - People with specific medical conditions.
 - People recovering from alcoholism.

- **Don't smoke**

- Smoking includes cigarettes, cigars, and pipes
- Do not chew tobacco

- **Take aspirin to avoid a heart attack.**

- If you are at risk for a heart attack (you're over 40, smoke, or have diabetes, high blood pressure, high cholesterol, or a family history of heart disease), check with your doctor and find out if taking aspirin is the right choice for you.



Talk to Your Doctor

- Men who know how to work with their doctors are more satisfied with their care and have better results.
- Give your doctor as much information as you can
 - Health history
 - Any medicine you're taking (bring a list of names and doses)
 - Any problems that you may be having – even if they're embarrassing (they've heard it before)
- Be sure to ask questions
 - Write down questions before you visit your doctor
 - Ask for clarification if you don't understand something your doctor said
 - Consider bringing along a family member or a friend to ask questions and help remember the doctor's answers.



Obtain Preventive Medical Tests

- Screening tests can find diseases early, when they're easiest to treat. Talk to your doctor about which preventive medical tests you need to stay healthy.
 - **Body Mass Index.**
 - Your body mass index (BMI), is a measure of your body fat based on your height and weight
 - It is used to screen for obesity
 - **Cholesterol**
 - Once you turn 35, have your cholesterol checked regularly
 - High blood cholesterol is one of the major risk factors for heart disease
 - **Blood Pressure**
 - Have your blood pressure checked at your annual exam
 - High blood pressure increases your chance of getting heart or kidney disease and for having a stroke



– **Colorectal Cancer**

- Once you turn 50, start having tests for colorectal cancer
- If you have a family history of colorectal cancer, you may need to be tested before you turn 50

– **Prostate Cancer**

- Prostate cancer screening starts at age 50 or maybe earlier if there is a family history of disease

– **Abdominal Aortic Aneurysm**

- If you are between the ages of 65 and 75, ask your doctor to screen you for an abdominal aortic aneurysm
- This is an abnormally large or swollen blood vessel in your stomach that can burst without warning



Take your Medication

- If your doctor prescribes medicine for you, make sure you've told him or her about:
 - Any other medicines you are currently taking, including over-the-counter drugs, vitamins, and supplements
 - Any allergies you have
 - Any side effects you've had with other drugs
- When you get a new prescription, make sure you understand
 - What your doctor is prescribing
 - Why you need to take it
 - How often you should take it
- Take your medication exactly as prescribed
- If you experience any problems/side effects let your doctor know right away
- Schedule a follow up visit so that you and your doctor can track your progress



Treatment Decisions

- If your doctor tells you that you have a health problem, you will need to make decisions about treatment
- For many conditions, you may have several treatment options. How do you decide what's best for you?
 - **Find good information.**
 - Contact a group that has information about your condition
 - Visit a library to research your conditions
 - Use medical sites to help you find information
 - Be wary of information on the internet since some is false
 - **Make your decision with your doctor.**
 - Once you've learned as much as you can about your condition, you and your doctor can choose what to do next
 - Look at the benefits and risks of each treatment for your condition and choose the treatment with which you're most comfortable
 - When you've made your decision, work with your doctor to create a treatment plan so you stay on track and know what to expect



Ask questions.

- If your doctor says you need surgery, ask:
 - Why do I need an operation?
 - Are there alternatives to surgery?
 - What are the benefits of surgery? What are the risks?
 - What happens if I don't have the surgery?
 - Where can I get a second opinion?
 - How many times have you performed this surgery?
 - Where will the surgery be done?
 - Will I need anesthesia? What kind?
 - How long will it take for me to recover?
 - How much will the operation cost?
- If your doctor recommends medical treatment, ask
 - Why do I need this medication?
 - Are there any alternative medications?
 - What are the potential side effects?
 - How long will I need to take this medication?
 - How long will it take for the medication to start working?
 - What do I do if I want to stop this medication?



Support

■ **Get support.**

- It's normal to be concerned about your condition.
- You may want to ask your family and friends for their help.
- You may also want to speak to a counselor or join a support group.