

STAY AHEAD OF THE CURVE

Talk to Your Doctor About
a Full-Body Check-Up



STAY IN THE DRIVER'S SEAT

Talk to your doctor about these and other risks to a man's health:

- High cholesterol
Major risk factor for heart disease¹
- High blood pressure
Without warning, you may be at risk for stroke and heart disease²
- High blood sugar
Diabetes may cause serious damage to your heart, kidneys, and even your eyes³
- High prostate-specific antigen, or PSA
Prostate-specific antigen (PSA) testing is important and may predict risk of prostate cancer⁴
- Low testosterone
May be overlooked because the symptoms are subtle and similar to those caused by other conditions

AT YOUR NEXT CHECK-UP

- Write down questions ahead of time
- Bring a list of pills you are taking
- Tell your doctor about your family health history
- Don't be embarrassed to talk about anything that bothers you
- Bring a family member with you to help take notes
- Ask your doctor to write down any advice he gives you during your office visit

QUESTIONS TO ASK YOUR DOCTOR

- Am I at risk for certain diseases?
- Does my family history increase my risks for certain diseases?
- How much exercise should I be getting each week?
- Should I make any changes to my diet?



ROADSIDE ASSISTANCE

Don't be embarrassed to talk to your doctor about any health problems you may be having, such as:

- Reduced sex drive
- Problems during sexual activity
- Feelings of sadness
- Bladder or bowel control
- Weight gain
- Drug abuse

REFERENCES: 1. WebMD Web site. The basics of cholesterol. <http://www.webmd.com/cholesterol-management/guide/cholesterol-basics>. Accessed November 30, 2011. 2. National Heart Lung and Blood Institute Web site. What is high blood pressure? <http://www.nhlbi.nih.gov/health/health-topics/topics/hbp/>. Accessed November 30, 2011. 3. National Diabetes Information Clearinghouse Web site. What diabetes is. <http://diabetes.niddk.nih.gov/dm/pubs/type1and2/what.aspx>. Accessed February 8, 2012. 4. American Cancer Society Web site. Prostate cancer: early detection. <http://www.cancer.org/Cancer/ProstateCancer/MoreInformation/ProstateCancerEarlyDetection/prostate-cancer-early-detection-pdf>. Accessed December 1, 2011.

YOUR DOCTOR MAY ALSO RECOMMEND OTHER TESTS BASED ON YOUR FAMILY HISTORY OR PHYSICAL EXAM

YOUR BODY IS AN
AMAZING MACHINE

Stay in the Driver's Seat