

Men, you may have been taught how to fix a flat tire, a leaky faucet or even how to patch a hole in the wall, but do you know what you need to do to stay healthy? Did you know African American men are at higher risk for many health issues? If you're an African American man and want to stay healthy, here are a few numbers and screenings to help keep your health in check.

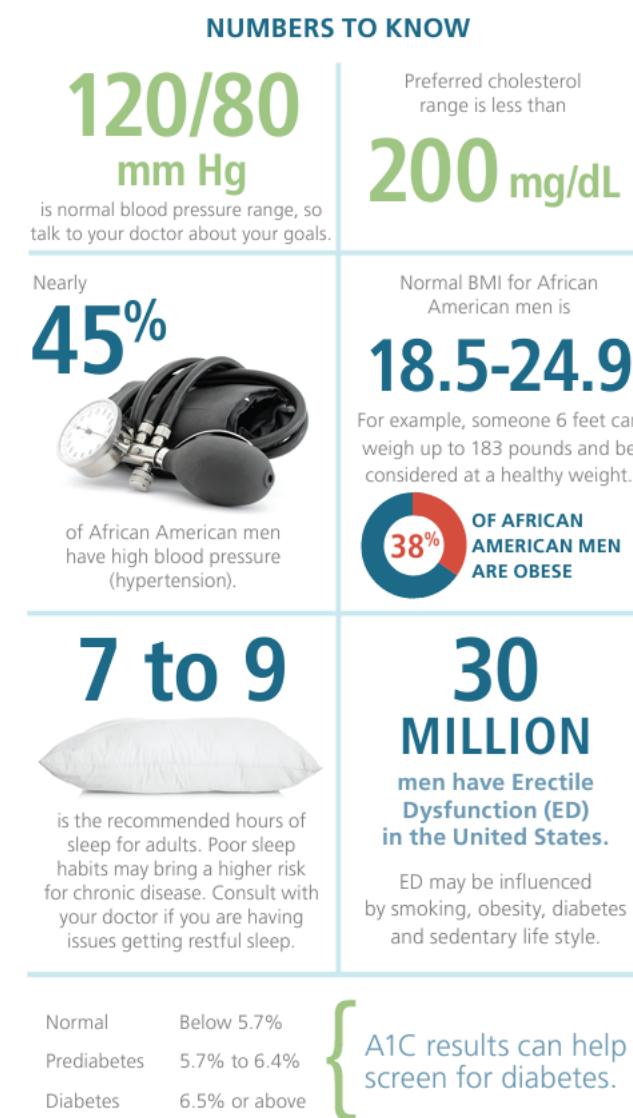
SEE YOUR DOCTOR

Routine checkups can spot a number of conditions that can impact a man's health, including prostate cancer.

CHECKUPS & SCREENINGS		WHY?	WHEN?
<input type="checkbox"/>	Physical Exam	Preventative care for total health	Annually
<input type="checkbox"/>	Testicular Exam	Screens for testicular cancer	Annually, during physical exams or right away if you find lumps during self-exams.
<input type="checkbox"/>	Blood Pressure	Screens for hypertension (high blood pressure)	Annually or as directed by your doctor.
<input type="checkbox"/>	Cholesterol	If high, can lead to heart disease	Every 5 years or as directed by your doctor.
<input type="checkbox"/>	Prostate-Specific Antigen (PSA) Test	Screens for prostate cancer African American men and men with a family history are at a higher risk for developing prostate cancer. Consider talking to your doctor at age 45 about whether prostate cancer screening is right for you.	If you have a family history of diabetes, are overweight or have personal concerns, talk to your doctor about screening for this condition.
<input type="checkbox"/>	A1C Test	Screens for high blood sugar levels	

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Every man is unique, so talk with your doctor about the numbers and screenings right for you. For more information, visit: UrologyHealth.org

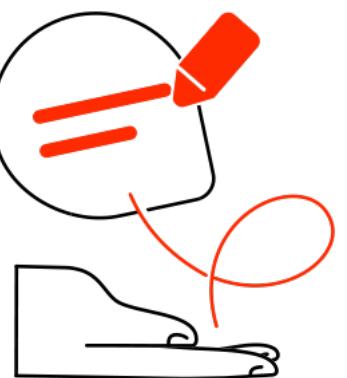
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Looks great!

Approved

Thanks!



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