

MEN'S HEALTH CHECKLIST



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ABCS of Heart Disease and Stroke

A = Aspirin Use Ask your provider about taking:

- One baby aspirin (81 mg) every day
- One regular aspirin (325 mg) every other day

B = Blood Pressure Treatment and Control BP < 120/80

- Consume only 2300 mg sodium daily

C = Cholesterol Ask your provider about how often to check your cholesterol.

- Total Cholesterol < 200
- LDL (bad cholesterol) < 100

S = Smoking Cessation Research shows using a quitline with medication increases abstinence rates.

- Call 1-800-QUITNOW for more details or ask your provider.

STROKE - The FAST test is an easy way to recognize and remember the signs of stroke or a transient ischemic attack (TIA). Using the FAST test involves asking three simple questions.

FAST stands for:

F = Facial Weakness - Can the person smile; has his or her mouth or eyes drooped?

A = Arm Weakness - Can the person raise both arms; is one arm slightly lower?

S = Speech/Sight Difficulty - Can the person speak or see clearly and understand what you say?

T = Time to Act - Time lost is brain lost. **Call 9-1-1.**

CHECKUPS & SCREENINGS	WHEN	20-39	AGES	
			40-49	50+
PHYSICAL EXAM	Every 3 years Every 2 years Every year	√	√	√
BLOOD PRESSURE	Every year	√	√	√
BLOOD TESTS & URINALYSIS	Every 3 years Every 2 years Every year	√	√	√
EKG: Electrocardiogram	Baseline Every 4 years Every 3 years	Age 30	√	√
TETANUS BOOSTER	Every 10 years	√	√	√
PROSTATE	Discuss with a physician		*	√
COLORECTAL CANCER <ul style="list-style-type: none"> • High sensitivity stool test (eg. FIT) • Sigmoidoscopy • Colonoscopy 	Every year Every 5 years Every 10 years		√	√
CHEST X-RAY:	Discuss with a physician		√	√
SELF-EXAMS: Testicle, Skin, Oral, Breast	Monthly by self	√	√	√
BONE HEALTH	Discuss with a physician		Age 60	
TESTOSTERONE SCREENING	Discuss with a physician		√	√
SEXUALLY TRANSMITTED DISEASES (STDs)	Under physician supervision	√	Discuss	

* African-American men and men with a family history of prostate cancer may wish to begin prostate screening at age 40, or earlier.