

MEN'S MAINTENANCE GUIDE



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The Canadian Men's Health Foundation (CMHF) is committed to helping men live longer, healthier, more fulfilling lives.

With your help, we can add 10 healthy, active years into the life of every man.

CMHF provides this maintenance guide for men as a reminder of your need to take responsibility for ensuring your health.

This is only a guide – check with your healthcare provider especially if you have a family history of illness and/or are in a high health risk area.

For more information about this and other male health related issues, check out our website: menshealthfoundation.ca

CMHF is not-for-profit, and we depend on your support. If you can help, please visit our web site for more information.



AGE 20-39 CHECK

- BLOOD PRESSURE ■ 2 YEARS*
- BLOOD TESTS & URINALYSIS ■ 3 YEARS*
- EYE HEALTH ■ 10 YEARS
- FLU SHOT ■ YEARLY
- MENTAL HEALTH ■ REGULARLY
- ORAL HEALTH ■ YEARLY
- PHYSICAL EXAM ■ 3-5 YEARS
- SEXUAL HEALTH ■ ASK DOCTOR
- STIs ■ REGULARLY*
- SKIN SELF EXAM ■ 1-2 MONTHS*
- TESTICLE SELF EXAM ■ 3 MONTHS
- TETANUS & DIPHTHERIA BOOSTER ■ 10 YEARS

Abdominal Ultrasound: Check for aneurysms which may be more common in men with a history of vascular disease or testosterone deficiency.

Blood Pressure: High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs. *Check yearly if high.

Blood Test & Urinalysis: Screens for various illnesses and diseases such as *cholesterol, diabetes, kidney or thyroid dysfunction* before symptoms occur. *Check more often if you have family history.

Bone Health: Bone mineral density test. Testing is best done under the supervision of your doctor. *Have baseline study done first.

Chest Health: A chest x-ray should be considered, especially in smokers.

Colon Health: *Hemoccult Stool test:* Screens for microscopic amounts of blood that can be the first indication of polyps or colon cancer.

Complete Colorectal Exam: A flexible scope examines the rectum, and entire colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.

Eye Health: Regular eye exams keep track of eye health and prevent issues from developing.



AGE 40-54 CHECK

- BLOOD PRESSURE ■ 2 YEARS*
- BLOOD TESTS & URINALYSIS ■ 3 YEARS*
- CHEST HEALTH ■ 2-3 YEARS
- EYE HEALTH ■ 5 YEARS
- FLU SHOT ■ YEARLY
- MENTAL HEALTH ■ REGULARLY
- ORAL HEALTH ■ YEARLY
- PHYSICAL EXAM ■ 3 YEARS
- PROSTATE HEALTH ■ 2 YEARS*
- SEXUAL HEALTH ■ ASK DOCTOR
- STIs ■ REGULARLY*
- SKIN SELF EXAM ■ 1-2 MONTHS*
- TESTICLE SELF EXAM ■ YEARLY
- TESTOSTERONE ■ ASK DOCTOR
- TETANUS & DIPHTHERIA BOOSTER ■ 10 YEARS
- TB SKIN TEST ■ ASK DOCTOR

Mental Health: Check for signs of depression. Discuss with family, friends and a healthcare professional.

Oral Health: Regular cleanings and examinations for issues such as cavities and signs of cancerous lesions in the mouth.

Partial Colorectal Exam: A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.

Physical Exam: Review overall health status, perform a thorough physical exam and discuss health related topics.

Prostate Health: *Digital Rectal Examination and a PSA Blood Test:* Prostate Specific Antigen is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be interpreted by an expert. *Check more often if you have risk factors, or your doctor is concerned.



AGE 55+ CHECK

- ABDOMINAL ULTRASOUND ■ 5 YEARS
- BLOOD PRESSURE ■ 2 YEARS*
- BLOOD TESTS & URINALYSIS ■ 3 YEARS*
- BONE HEALTH ■ 3 YEARS*
- CHEST HEALTH ■ 2-3 YEARS
- COLON HEALTH ■ YEARLY
- PARTIAL COLORECTAL EXAM ■ YEARLY
- COMPLETE COLORECTAL EXAM ■ 10 YEARS
- EYE HEALTH ■ 2-3 YEARS
- FLU SHOT ■ YEARLY
- MENTAL HEALTH ■ REGULARLY
- ORAL HEALTH ■ YEARLY
- PHYSICAL EXAM ■ YEARLY
- PROSTATE HEALTH ■ 2 YEARS*
- SEXUAL HEALTH ■ ASK DOCTOR
- STIs ■ REGULARLY*
- SKIN SELF EXAM ■ 1-2 MONTHS*
- TESTOSTERONE ■ ASK DOCTOR
- TESTICLE SELF EXAM ■ YEARLY
- TETANUS & DIPHTHERIA BOOSTER ■ 10 YEARS
- TB SKIN TEST ■ ASK DOCTOR

Sexual Health: Diminished or loss of erections or libido, or abnormalities of the genitals, should be reported to your doctor as they may be due to underlying illnesses such as diabetes, atherosclerosis, depression, prostate illness and smoking.

Sexually Transmitted Infections (STI's): Sexually active adults who consider themselves at risk for STI's should be screened for *syphilis, Chlamydia, HPV, HIV* and other STI's. *Check regularly if sexually active.

Skin Self Exam: To look for signs of changing moles, freckles, or early skin cancer. *Have doctor check yearly.

Testicle Self Exam: To find lumps in their earliest stages.

TB Skin Test: Should be done on occasion of exposure or suggestive symptoms at the direction of your doctor.