1. **Plan for Prevention**
   Preventing disease is much easier and more rewarding than living with one. Know the screenings needed at your age and book appointments now, so you won’t forget later. And, most insurance cover preventive care!

2. **Breath Well & Sleep Well**
   Commit to a sleep schedule and make it a priority. You will notice a difference in your mood and ability to focus. If you snore, wake at night, wake feeling tired, or have trouble breathing due to allergies, sinus issues or other concerns seek a consultation. Breathing well and sleeping well will make a big difference in how your feel and how your body deals with illness and pain.

3. **Early Detection Should be Your Goal**
   Get a colonoscopy, prostate check and testicular check per your age. Consult your doctor for the frequency best for you.

4. **Prostate Conditions**
   The prostate gland often enlarges in men as they age. An enlarged prostate, known as benign prostatic hypertrophy (BPH), may cause difficulty urinating, frequent urination or dribbling after urination. Prostatitis (inflammation or infection) of the prostate may cause fever, chills, painful urination or ejaculation, or blood in urine. These conditions can be treated with medications or surgery, and in some instances easy lifestyle changes.

5. **Prostate Cancer**
   Is the most commonly diagnosed cancer in men. Risk factors include a family history of prostate cancer, a high fat diet, & African-American race. Men should be screened via a digital rectal exam, a blood test (called PSA (prostate surface antigen)) or a biopsy as indicated by your provider. Several treatment options exist based on your preference. Commit to discussing prostate cancer with your health care provider.

6. **Testicular Cancer**
   Although very uncommon, testicular cancer is the most common form of cancer in men age 15-34. Symptoms include a painless lump or swelling in the testicle, pain of discomfort in a testicle or scrotum, enlargement of the testicle or a change in how it feels, or a dull ache in the lower abdomen, back, or groin. Be sure to perform regular self exams, know your health history & see your provider for concerns.

7. **Colorectal Cancer Screening**
   We know a colonoscopy is not fun, but it’s better than cancer. Get screened if you are over 50.

8. **Testosterone**
   While, testosterone fuels sex drive and muscle mass, it also regulates mood and bone strength. Men with low testosterone may experience thinner muscles, loss of body hair, larger breasts, a drop in sex drive and even a greater chance of osteoporosis (bone weakness).

9. **Know the Choices for Joint Replacement**
   The type of joint replacement you plan drastically impacts your recovery. Learn about innovative minimally invasive procedures when choosing a surgeon.

10. **Keep a beat on Vascular Health**
    Vascular disease is a leading cause of death but doesn’t always show symptoms until an event occurs. Talk with your primary care provider or a vascular center about your heart health, especially about peripheral vascular disease, screenings for abdominal aortic aneurysms and carotid artery screenings.

11. **Exercise – Every Bit Counts**
    While 150 min is recommended each week, even 10 min at a time is fine. Be sure it is moderate to vigorous effort. Have a provider and/or physical therapist help you create a plan.

12. **Think Before, During & After**
    When faced with a condition or a surgery (e.g. Cancer, knee replacement, pregnancy, etc.). Consider what can be done before, during or after to keep you healthy. You could qualify for therapy or other services to better your health before an event and to help you recover. A proactive approach will help improve outcomes.

13. **You are What You Eat**
    Basic rules for a nutritious diet are to get a variety of fruits, vegetables, proteins and grains, cut back on unhealthy fats, sugar and salt and use portion control. Be sure the “healthy” foods you eat don’t have hidden ingredients (like extra sugar).

14. **Overactive Bladder & Incontinence**
    Even though we don’t hear a lot about this in men, it’s not uncommon for men to experience urinary or fecal incontinence. Don’t be shy. There are a lot of treatment options worth considering.
15. Put Both Feet In
Foot problems can be an early sign of medical conditions such as diabetes, nerve or circulatory disorders. Foot pain also lead to falls. What do your feet tell you?

16. Hear What?
Need we say more. Get a hearing test to check for signs of hearing loss or other concerns. Also look into customized protection.

17. Prevent Falls
1 in 3 older adults fall each year. Less than half tell their provider. Be proactive to prevent falls. Get a balance test to see how steady your body really is.

18. Weight Management
69% of adults in the US are overweight or obese. Find a local provider or agency that has programs you can stick to. It doesn’t hurt to ask for help.

19. Paying for Care
Luckily many preventive care services are now free for individuals with insurance. However, high deductibles and costs of other services are still a concern. Just because a provider is not participating in a plan or seems to have high cost doesn’t mean a doctor’s office will not work with you to get a discount or set up a payment plan. Talk with your office directly. Find someone who will review all of your options with you. You don’t know until you ask!

20. Be Mindful of Quality / Cost Ratings
You can find everything on the internet now. Even ratings on a doctor’s cost and quality. Before you select a doctor be sure you understand how ratings are calculated and what data is included. Many providers are rated on cost efficiency, not just for their work but the combined cost of all services for a patient, many costs of which they may not control. Talk with your providers about cost and quality. Remember that you have a choice of the providers you see or are referred to.

21. Be mindful of activities at work & home
How you sit and move during your day can lead to injury. Be sure to stretch every 5 min if sitting or standing for long periods. Periodically stand to work instead of sit if you can. Build core strength to help your posture and to avoid injury.

22. Be social
Peer pressure works when is comes to being healthy. Partner with friends and family to do exercises and share tips and goals. Consider hosting a contest. Commit to healthy meals when you are together.

23. Choose a regular source of information
To keep a healthy lifestyle top of mind subscribe to a healthy newsletter, blog or magazine. Look for a source of trustworthy, quick & simple tips you can easily adopt. Like our websites and social media!

24. Get involved! Be Local!
There are more resources in our community than you think! Sign up for a fitness program, like the YMCA’s, or utilize local parks and bike paths. Use the local farmer markets or join a local gardening or activity group.

25. Small choices make big changes
Make the choice today. Each day is a new day and small choices make big changes in your health. Bike or walk when doing everyday tasks. Switch to a healthy beverage. Change your salad dressing. Make the commitment for yourself and your family.

We are your allies for life. Get started on your healthy lifestyle.
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