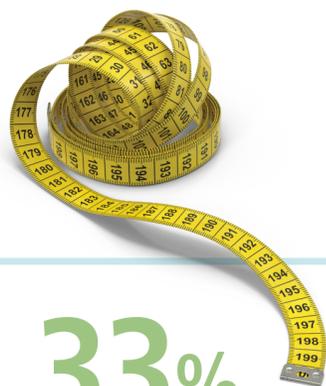


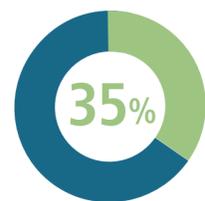
# MEN'S HEALTH CHECKLIST

Men, you've been taught how to handle a flat tire, a leaky faucet or maybe even how to patch a hole in the wall, but do you know what it takes to stay healthy? Here are a few numbers to keep your health in check.

Normal BMI is  
**18.5-24.9**



**33%**  
of men have high blood pressure (hypertension)

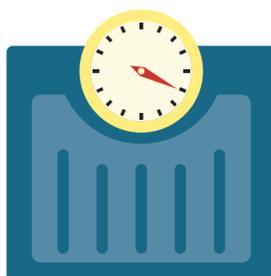


of adult men are obese

Blood pressure higher than  
**135/80 mm Hg**

may be a sign of diabetes or other cardiovascular and metabolic disease

If your BMI is between  
**30-39.9**  
you're considered obese



**40** and over is considered morbidly obese

**120/80 mm Hg**

Normal blood pressure range (lower for patients with other illnesses)



Preferred cholesterol range: Less than  
**200 mg/dL**

**70-130 mg/dL**

Target range for low-density lipoprotein (LDL) or the "bad" cholesterol

**60 mg/dL** or over: Healthy HDL (your good cholesterol) level. HDL under 40 is thought of as being at risk for heart disease



Higher levels of HDL = lower risk of heart disease



Triglycerides are a type of fat found in your blood. Too much of this fat may raise your risk of heart disease, diabetes and stroke. Lower numbers are better.

Less than  
**150 mg/dL**  
Healthy triglyceride level

## TOP THREE CANCERS FOR MEN

1. Prostate
2. Lung
3. Colorectal

**150 minutes** or **2½ hours**

Recommended amount of mild physical activity for adults per week. An example of a mild activity is brisk walking.



**7-9**



Recommended hours of sleep for adults. Poor sleep habits bring a higher risk for heart disease, diabetes, depression, erectile dysfunction and obesity. It may also cause more severe Lower Urinary Tract Symptoms (LUTS) in some men.

See your doctor – routine checkups can spot a number of conditions that can impact a man's health, including prostate cancer, which affects

**1 IN 7 MEN**

CHECKUPS & SCREENINGS	WHY?	WHEN
Physical Exam	Preventative care for total health	Annually
Testicular Exam	Screens for testicular cancer	Annually, during physical exam or monthly if lumps are found during self-exams
Blood Pressure	Screens for hypertension (high blood pressure)	Every 2 years, or as directed by your doctor
Cholesterol	If high, can lead to heart disease	Every 5 years, or as directed by your doctor
Prostate-Specific Antigen (PSA) Test	Screens for prostate cancer	Starting at age 55, or as directed by your doctor. African American men and men with a family history are at a higher risk for developing prostate cancer. Talk to your doctor about whether prostate cancer screening is right for you.
A1C Test	Screens for high blood sugar levels, which could mean a greater risk for diabetes	If your blood pressure is higher than 135/80 or if you take medicine for high blood pressure, talk to your doctor about screening for diabetes

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