

# Man up for your health.



Men are more likely than women to put off regular checkups and medical care, and more likely to make unhealthy or risky choices. Take a stand for your health by seeing your physician regularly, knowing what you're at risk for and getting the necessary screenings to catch health problems early, which is when they may be easier to treat.

## Know your risks and get screened.

There are many health screening tests every man should do, especially if you have risk factors based on family history or lifestyle. Here are some important screenings to consider:



### Certain types of cancer

The five most common cancers in men are prostate cancer, lung cancer, colorectal cancer, bladder cancer and melanoma skin cancer. It's important to guard against these diseases by talking with your doctor about symptoms and various screenings, including a colonoscopy, certain blood tests, a lung exam and a skin self-exam.



### Depression

While depression often affects more women than men, there are still more than six million men in the U.S. diagnosed with this mental health issue each year. Symptoms are similar, but where women may appear sad, men can seem angry or irritable. Don't ignore prolonged stretches of feeling down — get screened and treated.



### Heart disease

Regularly check for high blood pressure and high cholesterol, both of which can lead to heart disease. These issues can go undetected until a heart attack or stroke occurs. If early warning signs are detected, lifestyle changes, such as diet and exercise, as well as medications can help.

**Need a doctor?**  
Call (877) 449-DOCS or visit  
[StJosephHealthMedicalGroup.com](http://StJosephHealthMedicalGroup.com)

St. Joseph Health 