

live well, work well

Health and wellness tips for your work, home, and life—
brought to you by the insurance and healthcare specialists at
Moreton & Company.

Men's Health: Preventive Screenings

Part One

Preventive care, including regular doctor visits, is important for everyone.

Body Measurement

The American Heart Association recommends that men over age twenty have body measurements taken every 2 years, although the frequency may vary based on your age and existing medical conditions. Measuring your height, weight, waist and body mass index will determine whether you are overweight or obese, whether your weight is a threat to your health. Overweight people are more likely to develop Type 2 diabetes (adult onset, or non-insulin dependent diabetes), high blood pressure, and risk factors for other serious conditions.

Blood Pressure

Men should receive blood pressure screenings at least every 2 years. Preventive screening of blood pressure can lead to early detection of high blood pressure (hypertension). The cuff placed around your arm during a blood pressure screening measures the amount of pressure your heart generates when pumping blood through your arteries (systolic pressure), and the amount of pressure in your arteries when your heart is at rest between beats (diastolic pressure). Narrowed arteries limit the flow of

blood. In general, the more blood your heart pumps and the narrower your arteries are, the harder your heart must work to pump the same amount of blood. The longer high blood pressure goes undetected and untreated, the higher your risk of heart attack, stroke, heart failure, and kidney damage.

Cholesterol Screening

Undesirable levels of cholesterol raise your risk of heart attack and stroke. Cholesterol is a form of fat carried in your blood by lipoproteins. Low-density lipoprotein (LDL or "bad" cholesterol) deposits cholesterol on your artery walls. High-density lipoprotein (HDL or "good" cholesterol) carries cholesterol away from your arteries to your liver for disposal. Problems occur when your LDL deposits too much cholesterol on your artery walls, or when your HDL doesn't take enough away. This can lead to a buildup of cholesterol-containing fatty deposits (plaques) in your arteries, a condition known as atherosclerosis. Men aged 20 or older should have their cholesterol tested every 5 years, or

more frequently if your doctor recommends it.

Fasting Blood Sugar

The fasting blood sugar test measures the level of sugar (glucose) in your blood after fasting for eight hours. High glucose levels can be an indication of diabetes. The American Diabetes Association recommends a blood sugar test every 3 years for men aged 45 and older. If you are at risk for diabetes, your doctor may perform these tests at an earlier age, and more frequently. You should also receive a blood sugar test if you experience symptoms of diabetes such as excessive thirst, frequent urination, unexplained weight loss, fatigue, or slow-healing cuts or bruises.



Did you know...?

Men should visit their doctors regularly in order to talk about their overall health, ask questions, establish a relationship with their doctor, and above all get the recommended preventive health screenings.