



CARING FOR YOUR AMAZING MACHINE

WHAT MEN SHOULD KNOW FOR
BETTER HEALTH

YOUR BODY IS AN AMAZING MACHINE

AND YOU'RE IN THE DRIVER'S SEAT

Talk to your doctor about these and other **risks** to men's health

SEE YOUR DOCTOR FOR A FULL BODY CHECK-UP

GET TESTED

HIGH CHOLESTEROL

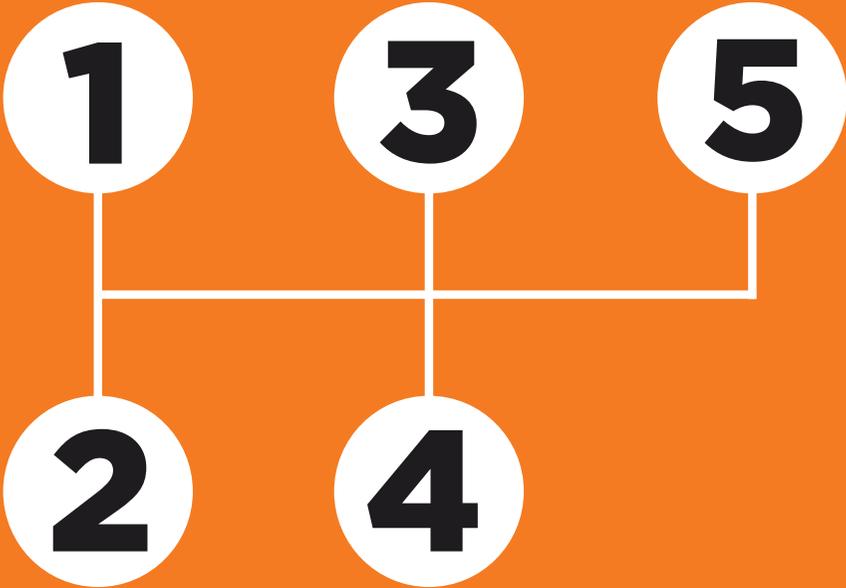
- High cholesterol is a major risk factor for heart disease¹
- A diet high in saturated fat may raise levels of cholesterol in your blood¹

HIGH BLOOD SUGAR

- Diabetes causes high levels of sugar in the blood³
- Serious damage may occur to your heart, kidneys, and even your eyes³

LOW TESTOSTERONE

- Low T may be overlooked because the symptoms are subtle and similar to those caused by other conditions
- Symptoms may include sexual dysfunction, decreased sexual desire, decreased muscle mass and strength, loss of body hair, low sperm count, decreased bone strength, and increased body fat⁵



HIGH BLOOD PRESSURE

- High blood pressure can damage your blood vessels and heart²
- Without warning, you may be at risk of stroke and heart disease²

HIGH PSA

- Prostate-specific antigen (PSA) testing is important for men and may predict risk of prostate cancer⁴

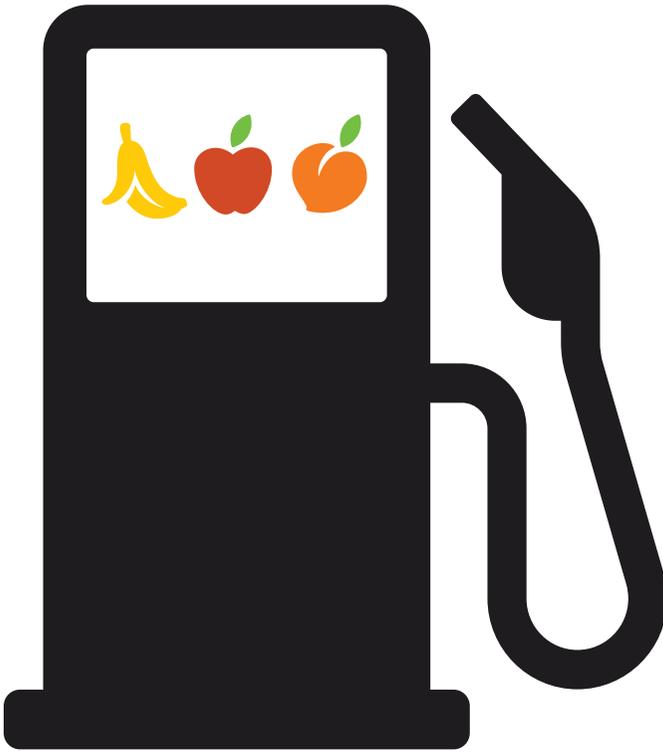
STAY IN THE DRIVER'S SEAT

Stick to a low-fat diet and exercise regularly to help keep your engine running smoothly



EXERCISE

- Start slowly and build up your strength and cardio fitness
- Get a workout buddy
- Create an exercise routine; walking 30 minutes/3 days a week is a good start⁶
- Increase the amount of exercise by 15 minutes and up to 5 days a week as you build your strength⁶
- Set a goal ahead of time and stick to it
- Yard work and house chores count as exercise too
- Talk with your doctor before you start an exercise plan



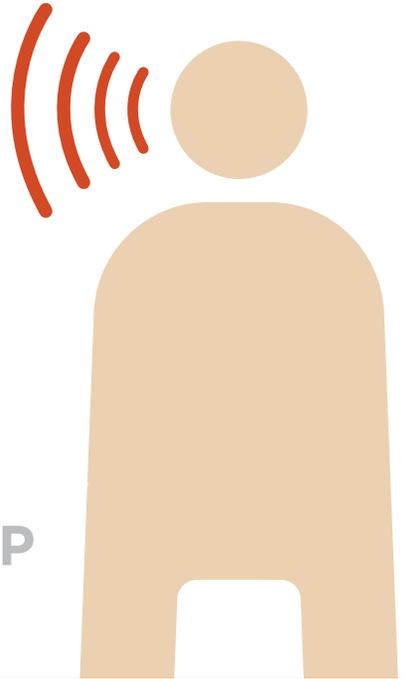
EAT RIGHT

- Energy balance is the key to maintain healthy weight. The amount of energy or calories you get from food and drinks should be balanced with the energy your body uses for things like breathing, digesting, and being physically active^{6,7}
- A healthy eating plan should include⁸:
 - Plenty of fruits and vegetables, whole grains, and low-fat dairy products
 - Lean meats, poultry, fish, beans, eggs, and nuts
 - Foods low in saturated fats, trans fats, salt, and added sugar
 - Portion control—be aware of how much you put on your plate at meals
- Be sure to talk with your doctor before you start a new diet

TALK ABOUT IT

Don't be embarrassed to talk to your doctor about any health problems you may be having, such as:

- Reduced sex drive
- Problems during sexual activity
- Feelings of sadness
- Bladder or bowel control
- Weight gain



TALK WITH YOUR
DOCTOR TO KEEP
YOUR AMAZING
MACHINE TUNED UP

REFERENCES: **1.** WebMD Web site. The basics of cholesterol. <http://www.webmd.com/cholesterol-management/guide/cholesterol-basics>. Accessed November 30, 2011. **2.** National Heart Lung and Blood Institute Web site. What is high blood pressure? <http://www.nhlbi.nih.gov/health/health-topics/topics/hbp/>. Accessed November 30, 2011. **3.** National Diabetes Information Clearinghouse Web site. What diabetes is. <http://diabetes.niddk.nih.gov/dm/pubs/type1and2/what.aspx>. Accessed February 8, 2012. **4.** American Cancer Society Web site. Prostate cancer: early detection. <http://www.cancer.org/Cancer/ProstateCancer/MoreInformation/ProstateCancerEarlyDetection/prostate-cancer-early-detection-pdf>. Accessed December 1, 2011. **5.** Bhasin S, Cunningham GR, Hayes FJ, et al. Testosterone therapy in adult men with androgen deficiency syndromes: an Endocrine Society clinical practice guideline. *J Clin Endocrinol Metab.* 2010;95:2536-2559. **6.** National Institutes of Health (NIH). National Heart Lung and Blood

DO YOU KNOW YOUR BMI?

WHAT DOES MY BMI MEAN?⁶

30.0 or more	OBESSE
25.0 to 29.9	OVERWEIGHT
18.5 to 24.9	NORMAL
less than 18.5	UNDERWEIGHT

HOW DO I MEASURE MY BMI?⁶

To estimate BMI using pounds and inches, use:

$$\text{BMI} = \frac{\text{Weight (pounds)}}{\text{Height (inches)} \times \text{Height (inches)}} \times 703$$

Let's say you weigh 225 pounds and are 6'2 (or 74 inches*). Get your calculator and let's do the math:

$$\begin{array}{l} 74 \times 74 = 5,476 \\ \frac{225 \text{ pounds}}{5,476} = 0.041 \\ 0.041 \times 703 = 28.8 \quad \leftarrow \end{array}$$

THIS IS YOUR BMI SCORE

Your BMI score of 28.8 means you are **OVERWEIGHT**.

Talk to your doctor about your BMI score.

Body Mass Index Can Help Assess Your Risk for Certain Diseases

Body mass index, or BMI, measures how much fat is in your body based on your height and weight. Your BMI can be a good gauge of your risk for diseases that are linked to being overweight. A high BMI score may put you at increased risk for certain diseases like high blood pressure, type 2 diabetes, and heart disease.⁹

*You can figure out your height in inches by multiplying
 $6 \times 12 = 72 + 2 = 74$
(12 inches equals a foot).

Institute. *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*. September 1998. Available at: http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.pdf. Accessed February 1, 2012. **7**. National Institutes of Health (NIH). National Heart Lung and Blood Institute. Maintain a healthy weight. Available at: http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm. Accessed February 1, 2012. **8**. National Institutes of Health (NIH). National Heart Lung and Blood Institute. Healthy eating plan. Available at: http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/calories.htm. Accessed February 1, 2012. **9**. National Institutes of Health (NIH). National Heart Lung and Blood Institute. Assessing your weight and Health risk. Available at: http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/risk.htm. Accessed February 1, 2012.

MEN'S HEALTH RESOURCES

Visit these Web sites for more information

INTERNATIONAL SOCIETY OF MEN'S HEALTH

www.ismh.org/en

MEN'S HEALTH FROM THE NIH

www.nlm.nih.gov/medlineplus/menshealth.html

MEN'S HEALTH NETWORK

www.menshealthnetwork.org

WEBMD MEN'S HEALTH

men.webmd.com