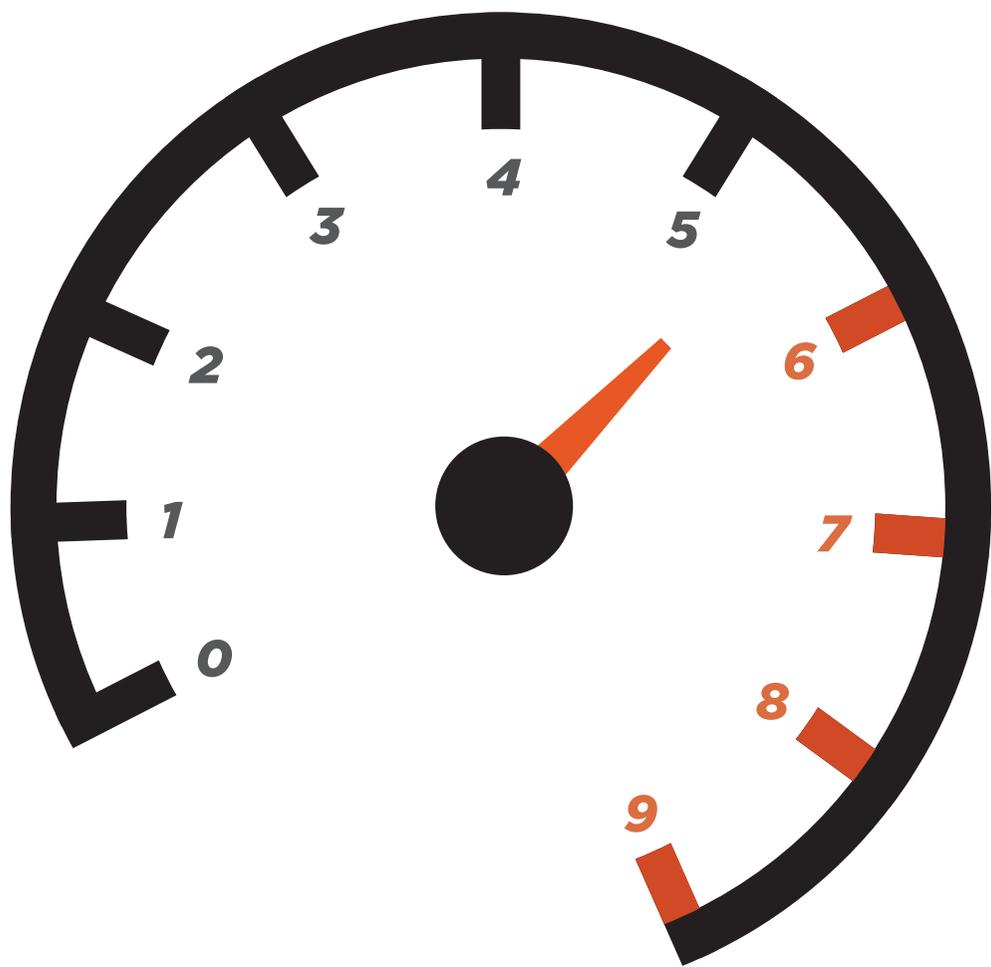


# PREPARING FOR THE ROAD AHEAD

LEARN MORE ABOUT THESE 5 RISKS  
TO A MAN'S HEALTH





WHY DOES IT SEEM LIKE  
SOME MEN TAKE BETTER  
CARE OF THEIR CARS  
THAN THEIR OWN HEALTH?

When the check engine light turns on, you know what to do. But it's not always that easy when it comes to your health.

**KNOW THESE 5 RISKS TO A MAN'S HEALTH TO KEEP YOUR ENGINE RUNNING SMOOTHLY**

- High Cholesterol
- High Blood Pressure
- High Blood Sugar (Diabetes)
- High PSA Levels (Prostate Cancer)
- Low Testosterone

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

# HIGH CHOLESTEROL

Your body needs cholesterol to work well. It's like the oil in your car—it helps keep your engine running smoothly. But unhealthy levels of any of these fats in your blood can put you at risk for heart disease. Ask your doctor if you should have your cholesterol levels checked.

Total cholesterol is a measure of all the fats (lipids) in your blood:

- **LDL** (“bad cholesterol”) may cause a buildup in your arteries and can increase your chance of heart disease
- **HDL** (“good cholesterol”) helps clean plaque from the blood
- **Triglycerides** are fats carried in the blood from the food we eat

Unhealthy levels of any of these fats in your blood can put you at risk for heart disease. Ask your doctor if you should have your cholesterol levels checked.

MEN'S RISK FOR  
HIGH CHOLESTEROL  
INCREASES **AT AGE 45**<sup>1</sup>

# HOW DO YOU MEASURE UP?

Cholesterol levels in the blood are measured with a blood test. Know the normal levels and ask your doctor to help you set goals based on your specific medical history and risk factors. Bring this guide to your next check-up to keep track of your cholesterol levels at each office visit.

Normal cholesterol <sup>1</sup>	<b>LDL</b> Less than 100 mg/dL	<b>HDL</b> More than 40 mg/dL	<b>Trigs</b> Less than 150 mg/dL	Date
<b>Your cholesterol</b>	_____ mg/dL	_____ mg/dL	_____ mg/dL	
<b>Your cholesterol</b>	_____ mg/dL	_____ mg/dL	_____ mg/dL	
<b>Your cholesterol</b>	_____ mg/dL	_____ mg/dL	_____ mg/dL	
<b>Your cholesterol</b>	_____ mg/dL	_____ mg/dL	_____ mg/dL	
<b>Your cholesterol</b>	_____ mg/dL	_____ mg/dL	_____ mg/dL	

# HIGH BLOOD PRESSURE<sup>2</sup>

As your heart pumps, it pushes blood against the walls of your blood vessels. If the pressure of the blood against the blood vessel walls rises, you will have high blood pressure.

You may have high blood pressure for years with no symptoms. Uncontrolled high blood pressure may lead to heart disease, stroke, kidney failure, and other health problems.

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## **YOUR BLOOD PRESSURE INCLUDES TWO NUMBERS:**

**Systolic:** the pressure in your arteries when your heart beats while pumping blood

**Diastolic:** the pressure in your arteries between beats when your heart is at rest



## HOW DO YOU MEASURE UP?

Talk to your doctor about normal blood pressure levels. Be sure to keep track of your levels with each doctor's visit.

Normal blood pressure	Less than 120/80 mmHg*	Date
<b>Your blood pressure</b>	_____ / _____ mmHg	
<b>Your blood pressure</b>	_____ / _____ mmHg	
<b>Your blood pressure</b>	_____ / _____ mmHg	
<b>Your blood pressure</b>	_____ / _____ mmHg	
<b>Your blood pressure</b>	_____ / _____ mmHg	

\*This range applies to most healthy adults (aged 18 and older).

You can tell when a car engine starts to fail, but high blood pressure alone usually has no symptoms. So, it's important that a doctor or nurse check your blood pressure.

Be sure to let your doctor know if you're feeling chest pain, a fast heartbeat, or if you feel faint.

**ABOUT 1 IN 3 U.S.  
ADULTS HAS HIGH  
BLOOD PRESSURE<sup>2</sup>**

# HIGH BLOOD SUGAR

Having high blood sugar levels means you have too much of a certain sugar in your blood, which may indicate diabetes. Your body uses blood sugar, or glucose, for energy. But when glucose levels are too high, health problems may occur.

## THERE ARE 2 TYPES OF DIABETES THAT MAY AFFECT MEN

### TYPE 1 DIABETES

- Common in children and young adults
- Signs and symptoms include:
  - Frequent urination
  - Excessive thirst
  - Extreme hunger
  - Weight loss that you can't explain
  - Feeling very tired and irritable

### TYPE 2 DIABETES\*

- Common in adults
- Signs and symptoms include:
  - Type 1 diabetes symptoms
  - Cuts or bruises that don't heal quickly
  - Frequent infections
  - Tingling/numbness in hands or feet
  - Blurry eyesight

\*Often people with type 2 diabetes have no symptoms.

**13 MILLION U.S.  
MEN OVER AGE 20  
HAVE DIABETES<sup>3</sup>**

# HOW DO YOU MEASURE UP?

If you think you have symptoms of high blood sugar, ask your doctor to check with a blood test. Be sure to track your levels to compare against normal blood glucose levels.

<p><b>IF YOU DON'T HAVE DIABETES<sup>4</sup>:</b> Normal blood glucose (after not eating)</p>	<p><b>70-99 mg/dL* (3.9-5.5 mmol/L)</b></p>
<p><b>IF YOU DO HAVE DIABETES<sup>5†</sup>:</b> Normal blood glucose (after not eating)</p>	<p><b>70-130 mg/dL* (3.9-7.2 mmol/L)</b></p>

\*Ask your doctor what these blood glucose levels mean and what your numbers mean.

†Work with your doctor to help you set goals based on your specific medical history and risk factors.

Date

<p><b>Your blood glucose (after not eating)</b></p>	<p>_____ mg/dL (or _____ mmol/L)</p>	
<p><b>Your blood glucose (after not eating)</b></p>	<p>_____ mg/dL (or _____ mmol/L)</p>	
<p><b>Your blood glucose (after not eating)</b></p>	<p>_____ mg/dL (or _____ mmol/L)</p>	
<p><b>Your blood glucose (after not eating)</b></p>	<p>_____ mg/dL (or _____ mmol/L)</p>	
<p><b>Your blood glucose (after not eating)</b></p>	<p>_____ mg/dL (or _____ mmol/L)</p>	

# HIGH PSA LEVELS

Prostate cancer is the most common cancer in men.<sup>6</sup> It is the second leading cause of death in men after lung cancer. The number of new U.S. cases and deaths from prostate cancer in 2012 is estimated to be more than 241,000.<sup>7</sup>

## **THE PROSTATE**

In healthy men, the prostate is a gland about the size of a walnut. It makes part of the fluid that helps carry sperm out of a man's body.<sup>8</sup>

## **ABOUT PROSTATE CANCER**

In its early stages, prostate cancer often has no signs and symptoms, but some men may have pain or trouble urinating. Other symptoms may include<sup>8</sup>:

- Trouble having an erection
- Blood in the semen or urine
- Pain in the hips, thighs, or lower back

## HOW DO YOU MEASURE UP?

Talk to your doctor about prostate cancer screening to learn more about detecting prostate cancer. Prostate cancer screening may include a blood test and a prostate exam.

Here is a tool to help you track the blood test results of your prostate specific antigen (PSA) test(s).

Date

Your PSA level: _____ ng/mL	

HIGH PSA  
LEVELS

THE GOAL OF  
SCREENING FOR  
PROSTATE CANCER IS  
TO **FIND IT EARLY<sup>9</sup>**

# LOW TESTOSTERONE

Testosterone is a hormone made in the body and produced by the testicles.

## **LOW TESTOSTERONE CAN BE OVERLOOKED**

Low testosterone, or hypogonadism, happens when levels fall below normal. Millions of American men are estimated to have low testosterone, but it may be overlooked because the symptoms are subtle and similar to those caused by other medical conditions.

## **LOW TESTOSTERONE AND ERECTILE DYSFUNCTION ARE NOT THE SAME THING**

Erectile dysfunction, or ED, means you are not able to keep an erection during sexual activity. It's possible for low testosterone to cause ED, but ED can also be caused by other conditions. Talk to your doctor if you are experiencing ED.

### **Signs and Symptoms of Low Testosterone<sup>10</sup>**

- Reduced sex drive
- Sexual dysfunction
- Depressed mood
- Fatigue or decreased energy
- Loss of body hair, reduced shaving
- Increased body fat
- Decrease in bone strength
- Reduced muscle mass and strength

If you think you may have low testosterone, ask your doctor if you should be tested.

**LOW TESTOSTERONE IS  
OFTEN CALLED LOW T**

# LOW TESTOSTERONE CAN BE **OVERLOOKED**

## HOW DO YOU MEASURE UP?

Talk to your doctor about your symptoms. Ask if you should be tested for low testosterone. Make note of your levels below. If you have low testosterone, talk to your doctor about treatment options.

Normal total testosterone level<sup>10</sup>

**~ 300 - 1,000 ng/dL**

Your testosterone level	_____ ng/dL	Date
Your testosterone level	_____ ng/dL	
Your testosterone level	_____ ng/dL	
Your testosterone level	_____ ng/dL	
Your testosterone level	_____ ng/dL	
Your testosterone level	_____ ng/dL	

# STAY AHEAD OF THE CURVE

Keep in mind that these 5 risks to a man's health—high blood sugar, high cholesterol, high blood pressure, high PSA levels, and low testosterone—are just a few concerns men should know about. Talk to your doctor about these and other risks to men's health.

## **PREPARE TO TALK TO YOUR DOCTOR ABOUT YOUR HEALTH**

- Get plenty of rest, eat right, and exercise often
- Check with your doctor before starting any diet or exercise program
- Know your family's health history
- See your doctor at least once a year, and ask him to explain your test results and what it all means
- Make sure you follow the treatment plans that you have worked out with your doctor

## **KEEP A RECORD**

At each office visit, ask your doctor or nurse to help you fill in your test results using the spaces in this guide to help you keep track of your numbers. You will be able to see how your levels change over time.

# DON'T WAIT UNTIL SOMETHING GOES WRONG. BE READY FOR THE ROAD AHEAD

**REFERENCES:** **1.** National Institutes of Health, US Department of Health and Human Services. Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) Final Report. Bethesda, MD: National Institutes of Health; 2002. NIH Publication 02-5215. **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.** Centers for Disease Control and Prevention. National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011. Accessed March 12, 2012. **4.** WebMD Web site. Blood glucose. <http://diabetes.webmd.com/blood-glucose>. Accessed February 8, 2012. **5.** American Diabetes Association Web site. Checking your blood glucose. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/checking-your-blood-glucose.html>. Accessed November 30, 2011. **6.** Men's Health Network Web site. Prostate Health Guide. About the prostate. <http://www.prostatehealthguide.com/about.html>. Accessed December 1, 2011. **7.** National Cancer Institute Web site. Prostate cancer. <http://www.cancer.gov/cancertopics/types/prostate>. Accessed February 8, 2012. **8.** National Cancer Institute Web site. What you need to know about prostate cancer. <http://www.cancer.gov/cancertopics/wyntk/prostate.pdf>. Accessed December 1, 2011. **9.** 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. **10.** 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.

# MEN'S HEALTH RESOURCES:

Visit these Web sites for more information

**INTERNATIONAL SOCIETY OF MEN'S HEALTH**

[www.ismh.org/en](http://www.ismh.org/en)

**MEN'S HEALTH FROM THE NIH**

[www.nlm.nih.gov/medlineplus/menshealth.html](http://www.nlm.nih.gov/medlineplus/menshealth.html)

**MEN'S HEALTH NETWORK**

[www.menshealthnetwork.org](http://www.menshealthnetwork.org)

**WEBMD MEN'S HEALTH**

[men.webmd.com](http://men.webmd.com)