



pa health
& wellness™



MEN'S HEALTH

Staying Strong

Carol J. Adams DNP MSN RN
Clinical Program Manager

TABLE OF CONTENTS

- MEN'S HEALTH
- DISCUSSION TIME
- HEALTH CONCERNS
- HEART DISEASE
- DIABETES
- CANCER
- MENTAL HEALTH
- GENERAL HEALTH & PREVENTION
- HEALTH TIPS FOR MEN
- RESOURCES
- REFERENCES

MEN'S HEALTH

Centers for Disease Control and Prevention (CDC) surveys of men regarding their health found that they often don't take the time to:

- Schedule healthcare screenings
- Eat a healthy diet
- Talk with a medical professional about stress
- Often withhold information from their doctors

But **the number 1 reason** men don't go to the doctor is that they
“don't want to hear bad news”.

DISCUSSION TIME:

Over 40? It's time for a discussion with your doctor regarding health screenings!

During a health care screening, your physician will assess for:

- Potential medical issues
- Potential risks of future health medical problems
- They will encourage healthy lifestyles, vaccination updates and preventative care.

HEALTH CONCERNS

If you are over 40, some items your physician will screen for are:

- Heart Health
- Diabetes
- Cancer and associated risks
- Mental Health
- General Health and Preventative

HEART DISEASE

Heart disease is part of a group of cardiovascular diseases which can affect men:

- Heart disease is the leading cause of death for men in the United States, killing 384,886 men in 2021 (1 in every 4 male deaths).
- It is the leading cause of death for men of most racial and ethnic groups in the United States.
- Half of men who die suddenly of heart disease had no previous symptoms.



- Sometimes heart disease may be *'silent' or go undiagnosed* until you experience symptoms, including:
 - **Heart attack:** Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.
 - **Arrhythmia:** Fluttering feelings in the chest (palpitations).

Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

HEART DISEASE

Heart Health screenings per your doctor's recommendations:

BLOOD PRESSURE

- Blood pressure should be monitored with each regular healthcare visit or at least once per year if your blood pressure is less than 120/80mg.

CHOLESTEROL

- Cholesterol should be monitored every 4-6 years for normal-risk adults; more often if you have a high risk for heart disease and stroke.

BODY WEIGHT

- Monitor during your regular health care visit.

WAIST CIRCUMFERENCE

- As needed to help estimate your cardiovascular risk if your BMI is greater than or equal to 25kg/m².

HEART DISEASE

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
<u>HYPERTENSIVE CRISIS</u> (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

(American Heart Association)

HEART DISEASE

Heart Health screenings per your doctor's recommendations:

BLOOD GLUCOSE

- At least every 3 years.
 - The American Diabetes Association recommends testing for prediabetes and risk for future diabetes for all people beginning at age 45 years.
 - If tests are normal, it is reasonable to repeat testing at a minimum of three-year intervals.

ABDOMINAL AORTIC ANEURYSM (ages 65 and older)

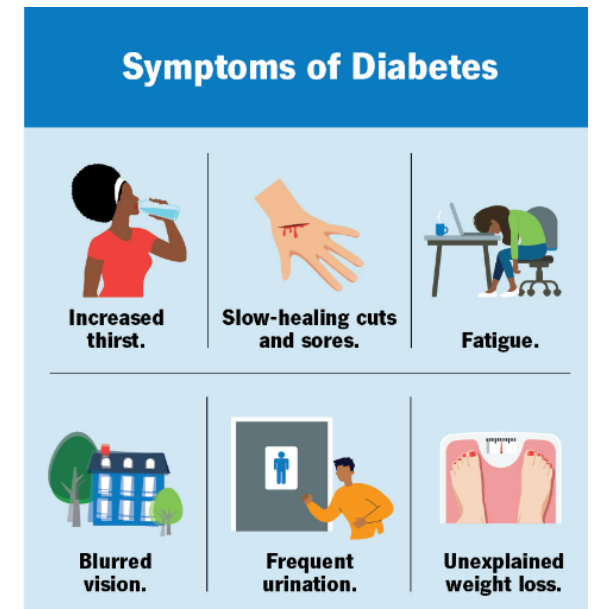
- The U.S. Preventative Services Task Force (USPSTF) recommends a 1-time screening for abdominal aortic aneurysm (AAA) with an ultrasound in men who have never smoked.

DISCUSSIONS WITH EACH HEALTH CARE VISIT REGARDING:

- Smoking
- Physical activity
- Diet

DIABETES

- Men are more likely to get type 2 diabetes than women.
- More men than women have undiagnosed diabetes.
- Diabetes puts both men and women at a greater risk of:
 - Heart disease
 - Stroke
 - Vision loss
 - Kidney failure
 - Amputation of a toe, foot, or leg



Cleveland Clinic

DIABETES

Diabetes Screenings Per Your Doctor's Recommendations:

A1C: A blood test that measures your average blood glucose level over 2-3 months.

- A1C less than 5.7% is normal
- A1C greater than 5.7% combined with a fasting blood sugar between 100-120 is prediabetes
- A1C of 6.5% or higher indicates diabetes
- The target number for adults who have diabetes is less than 7 %
 - A high A1C is a sign of frequent high blood glucose, which puts you at risk for complications such as nerve damage, kidney disease and vision impairment.

DIABETES

ALBUMIN-TO-CREATININE RATIO (ACR) is a urine test to check how much albumin, a type of protein, is in your urine.

- The target number for adults is less than 30mg/g of urine creatinine
- An ACR should be tested once a year.
- If you have diabetes, an ACR should be tested once a year for at least 5 years.
 - Or sooner if you have had previous tests that showed signs of kidney disease

ANKLE-BRACHIAL INDEX is a blood pressure reading measured at your ankle and is compared with a blood pressure reading in your arm to screen for peripheral artery disease (PAD).

- Target numbers are 0.9 to 1.3.
- Screening is usually only tested if you have symptoms of PAD.

DIABETES

Diabetes Screenings Per Your Doctor's Recommendations:

BLOOD PRESSURE (BP) is the measurement of the force of blood flow inside your blood vessels.

- Target number is less than 130/80
- BP should be checked with every visit to your healthcare provider

BONE MINERAL DENSITY is a scan that helps to estimate how dense your bones are and how likely they may break.

- Target number is a T-score of -1.0 or above; T-score of -1.0 and -2.5 indicates low bone density. If the T-score is below -2.5 you will need medication for osteoporosis.
- A bone mineral density for men should be at or around the age of 50.

BODY MASS INDEX (BMI) is the measurement of fat based on your height and weight.

- Target number is between 18.5 to 24.9.
- BMI should be checked at every visit with your healthcare provider.

DIABETES

Diabetes Screenings Per Your Doctor's Recommendations:

DILATED EYE EXAM is done by an eye doctor to check for signs of diabetic eye disease, including diabetic retinopathy, and other eye problems such as glaucoma and cataracts.

How often you should have a diabetic eye exam depends on how long you have had diabetes.

- People with type 1 diabetes: within five years of diagnosis. Then, every one to two years after that or more often if you have signs of eye disease.
- People with type 2 diabetes: at diagnosis. Then, every one to two years after that or more often if you have signs of eye disease.
- People with any type of diabetes who have eye disease: at least annually.



DIABETES

Diabetes Screenings Per Your Doctor's Recommendations:

ESTIMATED GLOMERULAR FILTRATION RATE

(eGFR) is a blood test that estimates how well your kidneys are functioning based on the amount of creatinine in your blood.

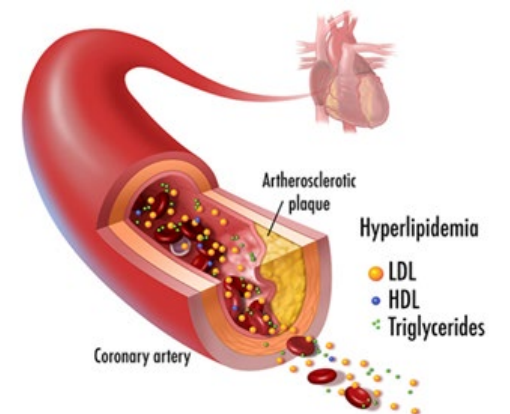
- Target numbers are an eGFR higher than 80ml/min/1.73m².
 - Normal is 100-120ml/min/1.73m².
- If you have diabetes, an eGFR should be tested once a year for at least 5 years.
 - *Or sooner if you have had previous tests that showed signs of kidney disease.*

DIABETES

Diabetes Screenings Per Your Doctor's Recommendations Continued:

Cholesterol & Triglycerides are blood tests, known as a lipid panel, which measures your cholesterol (the waxy, fat-like substance in your blood) and your triglycerides (the fats that circulate in your blood):

- LDL (**BAD**) cholesterol
 - HDL (**GOOD**) cholesterol
 - Total cholesterol
 - Triglycerides
- *Target numbers and possible need for medication should be determined by your healthcare provider.*



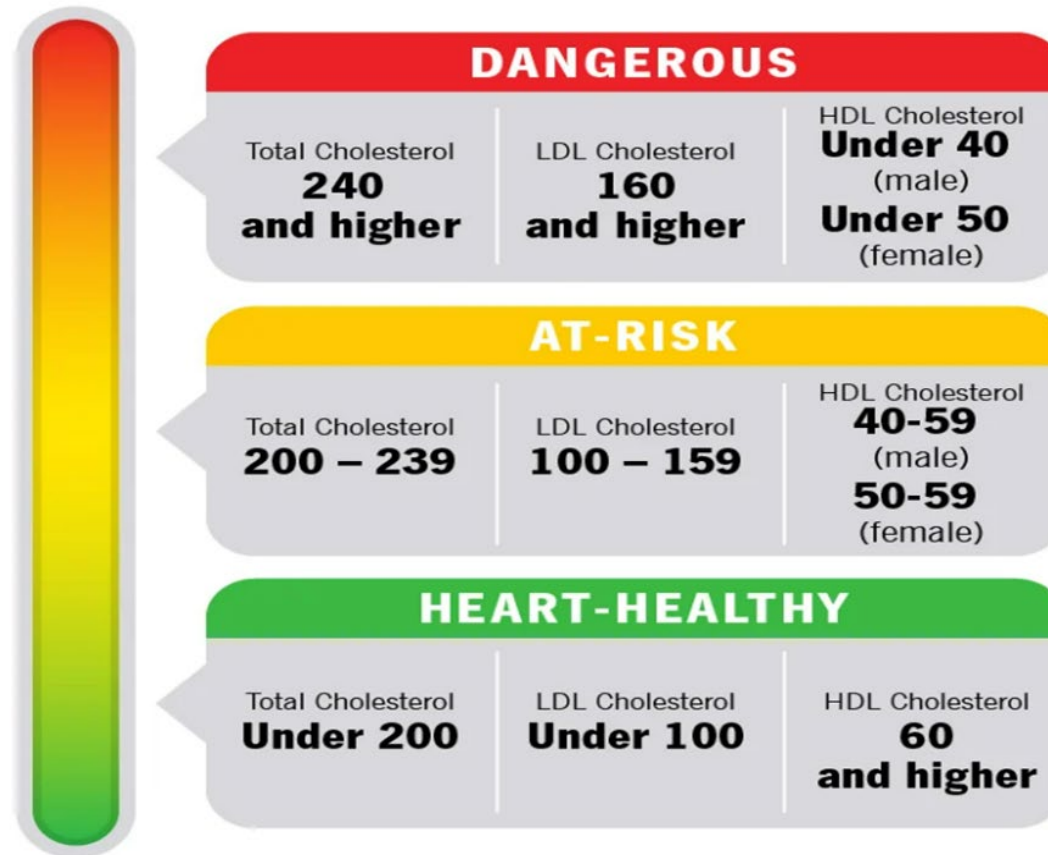
DIABETES

Screening guidelines include:

- Adults with diabetes under age 40: Get a diabetes screening at diagnosis and at least every five years afterward. If the results are abnormal, or if you have long-standing diabetes, you may need more frequent screenings.
- You should get a screening at age 40 and/or when you start statin medications to treat high cholesterol. Then, get screened four to 12 weeks after beginning medication. You'll get retested to make sure you're on the right dose. If your numbers look good, you'll repeat it annually.

CHOLESTEROL

Cholesterol Levels



(Cleveland Clinic)

CANCER

Men have higher rates of getting and dying from cancer than women.

In 2020, in the United States:

- 814,545 new cases of cancer were reported among men.
- For every 100,000 men, 435 new cases of cancer were reported, and 170 men died of cancer.

Most cancers take years to develop, and many things can affect your chance of getting cancer.

Two things you can do to avoid getting cancer is to:

- Make healthy choices.
- Get screening tests that are right for you.

CANCER

Cancer screenings per your doctor's recommendations:

COLON CANCER

- A stool-based fecal occult blood (gFOBT) or fecal immunochemical test (FIT) every year
- A stool sDNA test every 1 to 3 years
- Flexible sigmoidoscopy every 5 years or every 10 years with stool testing FIT done every year
- CT colonography (virtual colonoscopy) every 5 years
- Colonoscopy every 10 years

- **You may need a colonoscopy more often if you have colon cancer risk factors such as:**
 - You have ulcerative colitis
 - A personal or family history of colon cancer
 - A history of growths (polyps) in your colon

CANCER

Cancer screenings per your doctor's recommendations:

LUNG CANCER

- You should have a yearly screening for lung cancer with a low-dose CT scan if you:
 - You are age 50 to 80 years AND
 - You have a 20-pack-year smoking history AND
 - A pack-year is equal to smoking 1 pack (or about 20 cigarettes) per day for a year. For example, a person could have a 20-pack-year history by smoking 1 pack a day for 20 years, or by smoking 2 packs a day for 10 years.
 - You currently smoke or have quit within the past 15 years.
- Talk with your doctor about being screened and about quitting smoking.

CANCER

Recommended Cancer screenings per your doctor's recommendations:

PROSTATE CANCER

- Talk to your doctor if a prostate exam is right for you or if you have higher risk factors for prostate cancer, including:
 - You have family (brother or father) history of prostate cancer.
 - You are African American.
- If you choose to be tested, talk to your doctor to see if a PSA test should be repeated yearly or less often.
- Talk to your doctor about having a prostate examinations.
 - Prostate examinations are no longer routinely done on men with no symptoms.

CANCER

Cancer screenings per your doctor's recommendations:

SKIN CANCER

- You should see a dermatologist for a full-body skin exam once a year or more often if you are at higher risk of skin cancer, including
 - You have a personal or family history of skin cancer.
 - If you have physical features which include light skin, red/blond hair, a lot of moles or freckles, or severe sun-damaged skin.
 - You have had overexposure to the sun, resulting in blistering or peeling sunburns, or use indoor tanning.

TESTICULAR CANCER

- Your doctor should examine your testicles at least once a year.
- If you're concerned about your risk of testicular cancer, discuss your concerns with your doctor, and together, you can decide whether regular testicular self-exams are right for you.

MENTAL HEALTH

Depression is a serious condition that many men try to ignore or refuse treatment.

Male depression often goes undiagnosed for reasons such as:

- Men not recognizing depression.
- Men downplay symptoms.
- Men not wanting to talk about depression symptoms.
- Men not wanting to get mental health treatments.

MENTAL HEALTH

SYMPTOMS:

- Men with depression, similarly to women, may experience symptoms such as:
 - Feel sad, hopeless or empty.
 - Feel very tired.
 - Have a hard time sleeping or sleep too much.
 - Not get pleasure from activities usually enjoyed.
- Men may experience other symptoms of depression including:
 - Problems getting along with others, including your spouse or partner and other family members.
 - Escapist behavior, such as spending a lot of time at work or on sports.
 - Physical symptoms, such as headaches, digestive problems and pain.
 - Problems with alcohol or drug use.
 - Controlling, violent or abusive behavior.
 - Irritability or anger that gets out of control.
 - Risky behavior, such as reckless driving.

MENTAL HEALTH

Symptoms of depression may be related to or overlap with medical conditions, so it's important to:

- Work with your doctor and/or seek professional help to find out the reasons for your symptoms and get the proper treatment.
- If you are having thoughts of harming yourself or suicide, **SEEK HELP RIGHT AWAY!**

Mental Health Screening:

- The PHQ-9 is a nine-item health questionnaire used as a screening tool which can:
 - Be administered in person with your doctor, by telephone, and be self-administered.
 - Facilitates the diagnosis of major depression.
 - Assesses symptom severity.
 - It can be used in people as young as 12 years of age.
- The PHQ-2 tool screens for depression and symptoms that a person may experience over a recent two-week period.

MENTAL HEALTH

Patient Health Questionnaire -2 (PHQ-2)

Patient Name: _____ Date of Visit: _____

Over the past 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than one-half of the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3

Kroenke K, Spitzer RL, Williams JB. The Patient Health Questionnaire-2: validity of a two-item depression screener. *Med Care*. 2003;41:1284-1292. ©2007CQAIMH. All rights reserved. Used with permission.

Patient Health Questionnaire-9 (PHQ-9)

Patient Name: _____ Date of Visit: _____

Over the past 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than one-half of the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling asleep, staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself—or that you're a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed; or the opposite—being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

10. If you checked off any problems listed above, how difficult have those problems made it for you to do your work, take care of things at home, or get along with other people? Not difficult at all Somewhat difficult Very difficult Extremely difficult

Kroenke K, Spitzer RL, Williams JB. The PHQ-9: validity of a brief depression severity measure. *J Gen Intern Med*. 2001;16:606-613. ©CQAIMH. All rights reserved. Used with permission.

GENERAL HEALTH & PREVENTION

Taking care of your general health and partnering with your doctor for preventative care requires an ongoing relationship.

- Talk to your doctor to see what health screenings are right for you.

GENERAL HEALTH & PREVENTION

General Health & Prevention screenings per your doctor's recommendations:

Dental Exam

- Even if you are not having any problems, make sure to visit your dentist once or twice a year for a cleaning and exam.

Eye Exam

- If you are 40-54, you should have an eye exam every 2 to 4 years.
- If you are 55 or older, you should have an eye exam every 1 to 3 years.
 - Your doctor may recommend more frequent eye exams if you have vision problems or are at risk for glaucoma.
 - If you have diabetes, you should have an eye exam that includes an examination of your retina (back of your eye) at least every year.

GENERAL HEALTH & PREVENTION

General Health & Prevention screenings per your doctor's recommendations:

Hearing Test

- With age, hearing loss becomes more likely.
- Experts recommend getting your hearing tested:
 - Every 10 years until the age of 50
 - Every 3 years after the age of 50

GENERAL HEALTH & PREVENTION

Immunizations

Vaccines that are most commonly needed as recommended include:

- **Flu shot:** You should get one every year.
- **COVID-19 vaccine:** Ask your provider what is best for you.
- **Tetanus-diphtheria and acellular pertussis (Tdap) vaccine:** If you had not received a Tdap as an adolescent, you should receive one.
- **Tetanus-diphtheria:** You should have a booster (or Tdap) every 10 years.
- **Varicella vaccine:** If you have NEVER had chickenpox or the varicella vaccine or were born in 1980 or later you should receive a 2-dose vaccination.
- **Hepatitis B vaccine:** Receive 2, 3, or 4 doses, depending on your exact circumstances, if you did not receive these as a child or adolescent, until age 59.
- **Shingles (herpes zoster) vaccine:** At or after age 50.

GENERAL HEALTH & PREVENTION

General Health & Prevention screenings per your doctor's recommendations:

INFECTIOUS DISEASE SCREENING

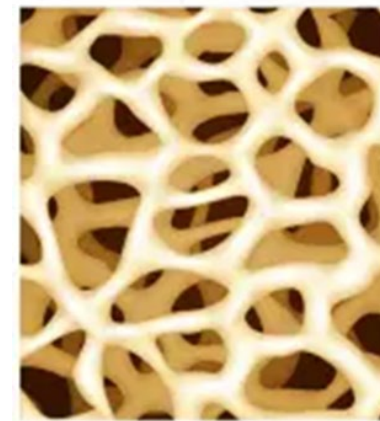
- **Hepatitis C:** All adults ages 18-79 should get a one-time test for Hepatitis C.
- **Human Immunodeficiency Virus (HIV):** All people ages 16-65 should get a one-time test for HIV
- Depending on your lifestyle and medical history, you may need to be screened for infections such as **syphilis, chlamydia, and other infections.**

GENERAL HEALTH & PREVENTION

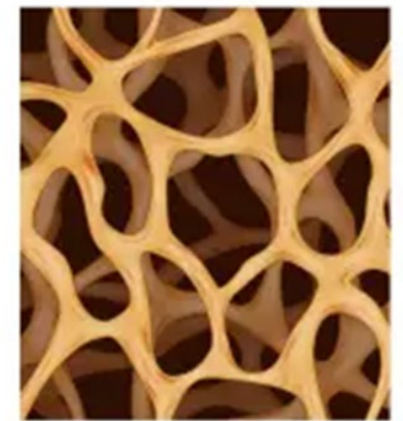
General Health & Prevention screenings per your doctor's recommendations:

OSTEOPOROSIS SCREENING

- If you are age 50 to 64 and have risk factors for osteoporosis, you should discuss screening with your provider.
 - You have risk factors, which include:
 - long-term steroid use
 - low body weight
 - smoking
 - heavy alcohol use
 - having a fracture after age 50
 - or a family history of hip fracture or osteoporosis



Normal Bone



Bone with Osteoporosis

GENERAL HEALTH & PREVENTION

ANNUAL PHYSICAL EXAMS

- All adults should visit their provider from time to time, even if they are healthy, to screen:
 - For diseases
 - To assess the risk of future medical problems
 - Encourage a healthy lifestyle
 - Update vaccinations and other preventive care services
 - Maintain a relationship with a provider in case of an illness
 - To assess your height, weight, and body mass index (BMI)
- During your exam, your provider may ask you about:
 - Depression and anxiety
 - Diet and exercise
 - Alcohol and tobacco use
 - Safety, such as the use of seat belts and smoke detectors
 - Your medicines and risk for interactions



HEALTH TIPS FOR MEN

Health tips for men in their 40s, 50s, and beyond:

- De-stress
 - Find ways to decrease stress: regular exercise, yoga, meditation, or stress management classes.
- Don't skip the doctor
 - Get into the habit of seeing your doctor for routine care.
- Deflate the spare tire
 - Watch your weight closely.
- Don't forget to key screening tests
 - Work with your doctor to determine what healthcare screening tests are right for you.



PHW RESOURCES

To learn more about PHW services visit:

- Visit PA Health & Wellness website: <https://www.pahealthwellness.com/>
- Call Participant Services: **1-844-626-6813 (TTY:711)**
- Email: phwcasemanagement@pahealthwellness.com

MENTAL HEALTH RESOURCES

Mental Health Resources:

In the U.S., **call or text 988** to reach the 988 Suicide & Crisis Lifeline, available 24 hours a day, seven days a week.

- Or use the Lifeline Chat. Services are free and confidential.

U.S. veterans or service members who are in crisis can **call 988 and then press "1"** for the Veterans Crisis Line.

- Or text **838255**.
- Or chat online.

The Suicide & Crisis Lifeline in the U.S. has a *Spanish language* phone line at **1-888-628-9454** (toll-free).

MEN'S HEALTH RESOURCES

Men's Health Resource Center

- Weblink: <https://www.menshealthresourcecenter.com/>

For more information on Aging or Health for Seniors visit:

National Institute on Aging

- Weblink: <https://www.nia.nih.gov/>

Administration on Aging

- Weblink: <https://acl.gov/>

National Council on Aging

- Weblink: <https://www.ncoa.org/>

REFERENCES

American Cancer Society (2024). Lung Cancer Screening Guidelines. Weblink: <https://www.cancer.org/health-care-professionals/american-cancer-society-prevention-early-detection-guidelines/lung-cancer-screening-guidelines.html#:~:text=The%20American%20Cancer%20Society%20recommends%20yearly%20screening%20for%20lung%20cancer,Smoke%20or%20used%20to%20smoke>

American Diabetes Association (2024). Health Checks for People with Diabetes. Weblink: <https://diabetes.org/living-with-diabetes/newly-diagnosed/health-checks-people-with-diabetes#:~:text=What%20it%20is%3A%20A%20blood,6.5%20or%20higher%20indicates%20diabetes.>

American Heart Association (2024). Heart-Health Screenings. Weblink: <https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/heart-health-screenings>

American Lung Association (2023). Four Diseases Threatening Men's Lung Health. Weblink: <https://www.lung.org/blog/lung-diseases-threatening-men>

Centers for Disease Control and Prevention (CDC) (2023). Cancer and Men. Weblink: <https://www.cdc.gov/cancer/dcpc/resources/features/cancerandmen/index.htm>

Centers for Disease Control and Prevention (CDC) (2023). Cancer and Men (submission data [1999-2020]). Weblink: <https://gis.cdc.gov/Cancer/USCS/#/AtAGlance/>

Centers for Disease Control and Prevention (CDC) (2022). Men and Diabetes. Weblink: <https://www.cdc.gov/diabetes/library/features/diabetes-and-men.html>

Centers for Disease Control and Prevention (CDC) (2023). Men and Heart Disease. Weblink: <https://www.cdc.gov/heartdisease/men.htm>

Centers for Disease Control and Prevention (CDC) (2022). National Center for Health Statistics. Weblink: <https://www.cdc.gov/nchs/hus/data-finder.htm?&subject=Deaths>

Centers for Disease Control and Prevention (CDC) (2022). Leading Causes of Death-Males-All races and origins-United States, 2018. Weblink: <https://www.cdc.gov/minorityhealth/lcod/men/2018/all-races-origins/index.htm>

REFERENCES

Cleveland Clinic (2023). Most Common Health Issues for Men. Weblink: <https://health.clevelandclinic.org/main-health-issues-for-men>

Huntington Health (2022). Trauma and injury prevention for older adults: How to protect yourself from harm. Weblink: <https://www.huntingtonhealth.org/in-the-news/trauma-and-injury-prevention-for-older-adults-how-to-protect-yourself-from-harm/>

Mayo Clinic (2024). Male depression: Understanding the Issues. Weblink: <https://www.mayoclinic.org/diseases-conditions/depression/in-depth/male-depression/art-20046216>

MedlinePlus (2023). Health Screening for Men ages 18 to 39. Weblink: <https://medlineplus.gov/ency/article/007464.htm>

MedlinePlus (2022). Healthcare Screenings for Men ages 40 to 64. Weblink: <https://medlineplus.gov/ency/article/007465.htm>

MedlinePlus (2022) Healthcare Screenings for Men ages 65 and Older. Weblink: <https://medlineplus.gov/ency/article/007466.htm>

MedlinePlus (2023). Men's Health. Weblink: <https://medlineplus.gov/menshealth.html>

MedlinePlus (2023). Enlarged Prostate. Weblink: <https://medlineplus.gov/enlargedprostatebph.html>

MedlinePlus (2023). Erectile Dysfunction. Weblink: <https://medlineplus.gov/erectiledysfunction.html#>

MedlinePlus (2023). Penis Disorders. Weblink: <https://medlineplus.gov/penisdisorders.html#>

MedlinePlus (2023). Prostate Cancer. Weblink: <https://medlineplus.gov/prostatecancer.html>

MedlinePlus (2023). Prostate Diseases. Weblink: <https://medlineplus.gov/prostatediseases.html>

MedlinePlus (2023). Sexual Problems. Weblink: <https://medlineplus.gov/sexualproblemsinmen.html#>

MedlinePlus (2023). Testicular Disorders. Weblink: <https://medlineplus.gov/testiculardisorders.html>

MedlinePlus (2023). Testicular Cancer. Weblink: <https://medlineplus.gov/testicularcancer.html#>

MedlinePlus (2022). Testosterone. Weblink: <https://medlineplus.gov/ency/article/003707.htm>

REFERENCES

National Cancer Institute at the National Institute of Health (2023). Understanding Prostate Changes: A Health Guide for Men. Weblink: <https://www.cancer.gov/types/prostate/understanding-prostate-changes>

National Institute of Arthritis and Musculoskeletal and Skin Disorders (2023). Osteoporosis in Men. Weblink: <https://www.niams.nih.gov/health-topics/osteoporosis-men>

National Institute of Diabetes and Digestive and Kidney Disease (2024) 4 Steps to Manage Your Diabetes for Life. Weblink: <https://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes/4-steps>

National Institute of Mental Health (2023). Men and Mental Health. Weblink: <https://www.nimh.nih.gov/health/topics/men-and-mental-health>

National Safety Council (2024). Deaths by Demographics. Weblink: <https://injuryfacts.nsc.org/all-injuries/deaths-by-demographics/sex-age-and-cause/>

Skin Cancer Foundation (2024). Annual Exams. Five easy steps to prepare yourself. Weblink: <https://www.skincancer.org/early-detection/annual-exams/#:~:text=As%20part%20of%20a%20complete,follow%20these%20five%20simple%20steps.>

U.S. Preventive Services Task Force (2019). Abdominal Aortic Aneurysm: Screening. Weblink: <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/abdominal-aortic-aneurysm-screening#:~:text=Abdominal%20duplex%20ultrasonography%20is%20the,years%20who%20have%20never%20smoked.>

WebMD (2022). Health tips for Men in their 40s & 50s. Weblink: <https://www.webmd.com/men/simple-health-steps-men-40s-50s>

WebMD (2023). Hearing Tests for Adults: What to Expect. Weblink: <https://www.webmd.com/a-to-z-guides/hearing-tests-for-adults>

World Health Organization (2023). Chronic Obstructive Pulmonary Disease. Weblink: [https://www.who.int/news-room/fact-sheets/detail/chronic-obstructive-pulmonary-disease-\(copd\)#:~:text=Chronic%20obstructive%20pulmonary%20disease%20\(COPD\)%20is%20the%20third%20leading%20cause,%2Dincome%20countries%20\(LMIC\).&text=Tobacco%20smoking%20accounts%20for%20over,cases%20in%20high%2Dincome%20countries.](https://www.who.int/news-room/fact-sheets/detail/chronic-obstructive-pulmonary-disease-(copd)#:~:text=Chronic%20obstructive%20pulmonary%20disease%20(COPD)%20is%20the%20third%20leading%20cause,%2Dincome%20countries%20(LMIC).&text=Tobacco%20smoking%20accounts%20for%20over,cases%20in%20high%2Dincome%20countries.)



pa health
& wellness™