

Allied Physician of Michiana's Top 25 Men's Health Tips

1. Plan for Prevention

Preventing disease is much easier and more rewarding than living with one. Know the screenings needed at your age and book appointments now, so you won't forget later. And, most insurance cover preventive care!

2. Breathe Well & Sleep Well

Commit to a sleep schedule and make it a priority. You will notice a difference in your mood and ability to focus. If you snore, wake at night, wake feeling tired, or have trouble breathing due to allergies, sinus issues or other concerns seek a consultation. Breathing well and sleeping well will make a big difference in how you feel and how your body deals with illness and pain.

3. Early Detection Should be Your Goal

Get a colonoscopy, prostate check and testicular check per your age. Consult your doctor for the frequency best for you.

4. Prostate Conditions

The prostate gland often enlarges in men as they age. An enlarged prostate, known as benign prostatic hypertrophy (BPH), may cause difficulty urinating, frequent urination or dribbling after urination. Prostatitis (inflammation or infection) of the prostate may cause fever, chills, painful urination or ejaculation, or blood in urine. These conditions can be treated with medications or surgery, and in some instances easy lifestyle changes.

5. Prostate Cancer

Is the most commonly diagnosed cancer in men. Risk factors include a family history of prostate cancer, a high fat diet, & African-American race. Men should be screened via a digital rectal exam, a blood test (called PSA (prostate surface antigen)) or a biopsy as indicated by your provider. Several treatment options exist based on your preference. Commit to discussing prostate cancer with your health care provider.

6. Testicular Cancer

Although very uncommon, testicular cancer is the most common form of cancer in men age 15-34. Symptoms include a painless lump or swelling in the testicle, pain of discomfort in a testicle or scrotum, enlargement of the testicle or a change in how it feels, or a dull ache in the lower abdomen, back, or groin. Be sure to perform regular self exams, know your health history & see your provider for concerns.

7. Colorectal Cancer Screening

We know a colonoscopy is not fun, but it's better than cancer. Get screened if you are over 50.

8. Testosterone

While, testosterone fuels sex drive and muscle mass, it also regulates mood and bone strength. Men with low testosterone may experience thinner muscles, loss of body hair, larger breasts, a drop in sex drive and even a greater chance of osteoporosis (bone weakness).

9. Know the Choices for Joint Replacement

The type of joint replacement you plan drastically impacts your recovery. Learn about innovative minimally invasive procedures when choosing a surgeon.

10. Keep a beat on Vascular Health

Vascular disease is a leading cause of death but doesn't always show symptoms until an event occurs. Talk with your primary care provider or a vascular center about your heart health, especially about peripheral vascular disease, screenings for abdominal aortic aneurysms and carotid artery screenings.

11. Exercise – Every Bit Counts

While 150 min is recommended each week, even 10 min at a time is fine. Be sure it is moderate to vigorous effort. Have a provider and/or physical therapist help you create a plan.

12. Think Before, During & After

When faced with a condition or a surgery (e.g. Cancer, knee replacement, pregnancy, etc.). Consider what can be done before, during or after to keep you healthy. You could qualify for therapy or other services to better your health before an event and to help you recover. A proactive approach will help improve outcomes.

13. You are What You Eat

Basic rules for a nutritious diet are to get a variety of fruits, vegetables, proteins and grains, cut back on unhealthy fats, sugar and salt and use portion control. Be sure the "healthy" foods you eat don't have hidden ingredients (like extra sugar).

14. Overactive Bladder & Incontinence

Even though we don't hear a lot about this in men, it's not uncommon for men to experience urinary or fecal incontinence. Don't be shy. There are a lot of treatment options worth considering.