

# Men's Health

Maintaining your well-being at every stage of life



JOHNS HOPKINS  
MEDICINE

Paying close attention to your **mental and physical health is critical to overall well-being**. And while routine medical screenings are easy to put off, they are key to reducing your risk of chronic illness and disease. By identifying underlying issues before they become more difficult to treat, **regular screenings are vital in helping you live a long and healthy life**. Below, find out which measures you can take to maintain your well-being during every stage of your life, from experts at Johns Hopkins HealthCare Solutions.



Age 18-39

- Yearly wellness exam with your Primary Care Provider (PCP)
- Routine eye exam
- Twice yearly dental exam
- Testicular self-exam (age 18-34)
- Skin cancer screening as needed
- Sexually Transmitted Infections (STI) screenings as needed
- Hepatitis C testing – once in a lifetime, or as needed
- Vaccines, including COVID-19, HPV until age 26 (or older as recommended by your doctor), Influenza, Tdap after age 19, varicella if you've never had chickenpox or a vaccine, Hepatitis B, MMR if you're not immune

## All of the above, plus...

- Colonoscopy (age 45)
- Prostate cancer screening (PSA & Digital Rectal Exam), if you have:
  - High-risk factors or are African-American (age 45)
  - Family history:
    - Have at least one first-degree relative who has had prostate cancer
    - Have at least two extended family members who have had prostate cancer



Age 40-49

## All of the above, plus...

- Prostate cancer screening (PSA and Digital Rectal Exam)
  - This is when men will benefit most from screening. Men are most likely to be diagnosed with cancer during this time, and treatment benefits outweigh any potential side effect risks.
- Osteoporosis assessment (age 50+)
- Lung cancer screening (yearly low-dose CT scan, age 50-80), if you:
  - Currently smoke, quit within the past 15 years or have a 20 pack-year history of smoking (1 pack/day for 20 years or 2 packs/day for 10 years)
- Shingles vaccine (age 50), Pneumonia vaccine (age 65+), RSV vaccine (age 60+)



Age 50-59+

## Healthy Habits for All Ages

How you live your life matters. You are your best advocate and motivator, and everything you do affects your health.



### Exercise regularly

150 minutes per week of moderate intensity or 75 minutes per week of vigorous aerobic activity; 2 days per week of moderate-to-high intensity muscle-strengthening



### Get adequate sleep

7 to 9 hours per night in a healthy sleep environment (e.g. dark, quiet and temperature controlled bedroom).



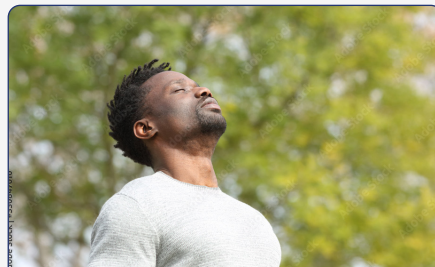
### Limit alcohol consumption

<2 drinks per day for men under age 64 and 1 per day for men age 64+



### Don't smoke

Avoid smoking cigarettes, e-cigarettes, and other tobacco products and limit your exposure to second-hand smoke



### Manage stress

Practice techniques like deep breathing, mindfulness, yoga, meditation or progressive muscle relaxation



### Fuel your body

Prioritize vegetables, fruits and whole grains and limit added sugars – use the [MyPlate](#) app to get the right portion sizes

**Proactive measures are a small way to make a big difference in your overall health and longevity.**

**Follow the tips above to preserve your health and reduce your risk of developing chronic conditions, including cancer, both now and in the future.**