

HEALTH SCREENINGS EVERY AFRICAN AMERICAN MAN SHOULD KNOW

Men, you may have been taught how to fix a flat tire, a leaky faucet or even how to patch a hole in the wall, but do you know what you need to do to stay healthy? Did you know African American men are at higher risk for many health issues? If you're an African American man and want to stay healthy, here are a few numbers and screenings to help keep your health in check.



SEE YOUR DOCTOR

Routine checkups can spot a number of conditions that can impact a man's health, including prostate cancer.

CHECKUPS & SCREENINGS	WHY?	WHEN?
<input type="checkbox"/> Physical Exam	Preventative care for total health	Annually
<input type="checkbox"/> Testicular Exam	Screens for testicular cancer	Annually, during physical exams or right away if you find lumps during self-exams.
<input type="checkbox"/> Blood Pressure	Screens for hypertension (high blood pressure)	Annually or as directed by your doctor.
<input type="checkbox"/> Cholesterol	If high, can lead to heart disease	Every 5 years or as directed by your doctor.
<input type="checkbox"/> Prostate-Specific Antigen (PSA) Test	Screens for prostate cancer	African American men and men with a family history are at a higher risk for developing prostate cancer. Consider talking to your doctor at age 45 about whether prostate cancer screening is right for you.
<input type="checkbox"/> A1C Test	Screens for high blood sugar levels	If you have a family history of diabetes, are overweight or have personal concerns, talk to your doctor about screening for this condition.

NUMBERS TO KNOW

120/80
mm Hg

is normal blood pressure range, so talk to your doctor about your goals.

Preferred cholesterol range is less than

200 mg/dL

Nearly

45%

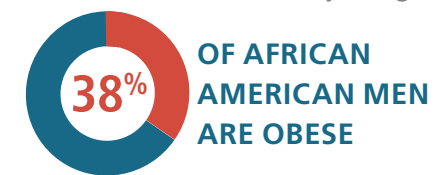


of African American men have high blood pressure (hypertension).

Normal BMI for African American men is

18.5-24.9

For example, someone 6 feet can weigh up to 183 pounds and be considered at a healthy weight.



7 to 9



is the recommended hours of sleep for adults. Poor sleep habits may bring a higher risk for chronic disease. Consult with your doctor if you are having issues getting restful sleep.

30 MILLION men have **Erectile Dysfunction (ED)** in the United States.

ED may be influenced by smoking, obesity, diabetes and sedentary life style.

Normal Below 5.7%
Prediabetes 5.7% to 6.4%
Diabetes 6.5% or above

} A1C results can help screen for diabetes.

TOP THREE CANCERS FOR MEN

1. PROSTATE
2. LUNG
3. COLORECTAL

African American men and men with a family history are at a higher risk for developing prostate cancer.

African American men are more likely to be diagnosed with prostate cancer and nearly

2.5 TIMES

more likely to die of the disease.

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Every man is unique, so talk with your doctor about the numbers and screenings right for you. For more information, visit:

UrologyHealth.org