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The region's most advanced prostate cancer diagnostic, technology and treatment options.

Five Ways to Support Men's Health

At UC Health, we know men's health is more than just having fun with mustaches one month out of the year. We're committed to making sure you have the answers you need about men's health—whether it's for yourself or for a loved one. And to make sure that conversation keeps going after November, here are some tips to help you (or your husband, brother, father, son or friend) stay healthy all year long.

1. **Schedule annual doctor appointments.** Staying on top of annual wellness appointments and recommended screenings goes a long way to help men stay healthy. Routine tests include blood pressure, cholesterol levels and other preventative screenings based on age and family and medical history. Prostate cancer screenings should start around age 50, or 40 if risk factors are present (e.g., family history, African American race or symptoms).

Once you've completed your annual wellness appointment, ask the doctor's office to send you a reminder card for the following year. And if you're scheduling an appointment for someone else, like your husband, consider making his appointment when you make yours. This will put you both on the same schedule and reduce the likelihood of forgetting when it's time for him to see the doctor.

2. **Eat healthy.** Eating right, by getting enough fruits and vegetables and limiting fatty foods and sugars, is a vital part of maintaining health. Men should eat about 2–3 cups of vegetables each day.

You can make getting enough fruits and vegetables a little easier, and a little more fun, by hitting up farmers' markets on the weekend, trying a delivery service or even just designating one day a week for washing and cutting up fruits and vegetables.

3. **Exercise.** Research continually demonstrates the importance of exercise in maintaining a healthy lifestyle. A 2007 study by the National Institutes of Health and the American Association of Retired Persons found that 30

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minutes of moderate activity five times or more each week reduced mortality by 27 percent among men and women ages 50–71.

Get into the habit of exercising with a partner. Find an activity you both enjoy, such as walking around the neighborhood, hiking in the woods, swimming at the local Y or taking a yoga class, and commit to making it part of your schedule.

4. **Educate yourself.** There are often conflicting reports in the news about what men should do when it comes to their health. Should I get a prostate-specific antigen (PSA) blood test? How often? What other screenings are recommended? It's important to educate yourself so you know what the experts really recommend. The decision to undergo PSA testing should be prefaced by a discussion regarding the risks and benefits of PSA screening with your primary care physician or a urologist. When it comes to prostate health, the physicians at UC Urology strongly believe that each man must share in the decision to *choose*.

Find reputable sources to help you digest the latest reports covered in the news. The Centers for Disease Control and Prevention, the National Institutes of Health and health center websites, like UCHealth.com, can help make sense of all the information available. As always, talk to a doctor about what impact the latest research may have on your individual health, based on your unique medical and family history.

5. **Keep the conversation going.** Men's health shouldn't just be top of mind in November. Instead, let's use this month as a takeoff point and keep the conversation going all year long.

Stay up to date on news reports about men's health. And then use trusted resources—online and off—to answer your questions and help you make sense of the latest medical news.

Contact UC Health at 513-475-8787 to make an appointment with one of our urologists to discuss your questions. Appointments can be made at either the

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Medical Arts Building in Clifton or the University Pointe Medical Office Building in West Chester.

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