

Take Care of Yourself

Some topics for men to discuss with their healthcare provider

Although you may feel fine, it is important to visit your healthcare provider regularly to help keep track of your health. Below are some topics you may want to discuss with your provider. Put a check mark beside each topic you want to discuss. The next time you visit your provider, take this list and write notes beside the topics you talk about.

Topics to discuss with your provider – Adults 18 to 64 years old			
✓	Topic	Additional information	Conversation notes
<input type="checkbox"/>	<i>Specific for men</i> Erectile dysfunction Testosterone	<ul style="list-style-type: none"> If you have symptoms, such as fewer erections or loss of energy, ask your provider about a blood test to measure your testosterone level 	
<input type="checkbox"/>	<i>Specific for men</i> Prostate	<ul style="list-style-type: none"> Discuss prostate health 	
<input type="checkbox"/>	<i>Specific for men</i> Testicles	<ul style="list-style-type: none"> Discuss testicular health 	
<input type="checkbox"/>	Blood pressure (BP) <i>Recommendations from the American Heart Association</i>	<ul style="list-style-type: none"> Starting at age 20, check every 2 years—more often if your BP is high 	
<input type="checkbox"/>	Blood sugar level <i>Recommendations from the American Diabetes Association</i>	<ul style="list-style-type: none"> Starting at age 45, fasting blood sugar every 3 years At any age if BMI (see below) is 25 or more, plus other risk factors 	
<input type="checkbox"/>	Body mass index (BMI) <i>Recommendations from the Centers for Disease Control and Prevention</i>	<ul style="list-style-type: none"> Based on height and weight, this general measure of overweight or obesity is calculated by your provider Ask your provider for a chart so you can track your own BMI 	
<input type="checkbox"/>	Cholesterol <i>Recommendations from the American Heart Association</i>	<ul style="list-style-type: none"> Starting at age 20, check every 5 years Check more often over age 45, high cholesterol, high LDL, or other cardiovascular risk factors 	
<input type="checkbox"/>	Colon/Rectum <i>Recommendations from the American Cancer Society</i>	<ul style="list-style-type: none"> Starting at age 50, stool sample test every year Colonoscopy every 10 years—more often if at higher risk for colon cancer 	
<input type="checkbox"/>	Eyes <i>Recommendations from the American Optometric Association</i>	<ul style="list-style-type: none"> Complete eye exam every 2 years—more often with symptoms or risk factor(s) for eye problems Starting at age 61, every year or as recommended by your provider 	
<input type="checkbox"/>	Heart	<ul style="list-style-type: none"> Discuss heart health 	
<input type="checkbox"/>	HIV <i>Recommendations from the US Preventive Services Task Force</i>	<ul style="list-style-type: none"> Ask your provider about screening if at risk for HIV infection 	
<input type="checkbox"/>	Skin <i>Recommendations from the National Cancer Institute</i>	<ul style="list-style-type: none"> Self-check for spots, sores, moles, other skin changes Use a mirror for hard-to-see areas Discuss any skin changes with your provider 	
<input type="checkbox"/>	Vaccinations	<ul style="list-style-type: none"> Ask your provider about vaccinations that may be right for you 	

Other topics that you may want to discuss with your provider

- Alcohol use
- Brain health (Alzheimer's disease, memory/learning problems)
- Depression, anxiety, or other emotional concerns
- Drug abuse
- Exercise
- Infertility
- Nutrition
- Obesity or weight loss
- Sexual dysfunction
- Sexually transmitted diseases
- Stress
- Tobacco use
- Urination problems

List any other topics you are thinking about, or questions you want to ask your provider.

**Ask your healthcare provider questions you may have about your health.
Ask about tests and exams that may be right for you.**

