

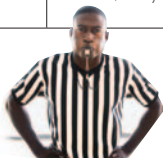


STAY OFF THE BENCH WITH REGULAR SCREENINGS

No matter what your age, there's no better time than now to make a game plan for a long and healthy life. One way to reach optimal performance is to have regular, age-appropriate screenings and follow these health guidelines. Florida Hospital East Orlando's Men's Health program offers easy access to good health.

SCREENING	WHAT IT'S FOR	WHEN TO GET IT
General Health Screenings		
Body Mass Index (BMI)	Calculates body fat based on height and weight and determines risk level for heart disease, diabetes, and bone and joint disease	Recommended yearly
Eye Exam	Detects visual defects, muscle disorders and signs of disease, such as glaucoma	Every one to two years
Hearing test	Determines hearing sensitivity at various frequencies	Typically every 10 years until age 50 and then discuss with your physician
Physical Exam	Determines overall health	Twice in your 20s and every one to two years starting at 30
Immunizations: Stay up-to-date with your immunizations to prevent disease.		
Influenza vaccine	Inoculates against the flu virus	Recommended every year after age 50
Pneumococcal vaccine	Inoculates against pneumococcal pneumonia (lung infection)	Recommended one time after age 65
Tetanus-Diphtheria Booster vaccine	Protects against tetanus (also known as lock-jaw) and diphtheria	Typically every 10 years
Heart Health		
Blood Pressure	Measures the force of the blood pushing against the artery walls. A high blood pressure increases risk for coronary heart disease and stroke	Typically every two years
Cholesterol (Fasting Lipoprotein Profile)	Measures the amount of cholesterol in the blood. Too much cholesterol increases risk for coronary heart disease and stroke	Recommended every five years after age 20; more frequently for those who smoke, have a family history, diabetes or high blood pressure
Diabetes: Get tested if you have high blood pressure or high cholesterol.		
Blood sugar (glucose) test	Checks the level of glucose in the blood	After 45, every 3 years

**CONTACT THE
MEN'S HEALTH PROGRAM
AT 407-303-1700
TO SCHEDULE YOUR
HEALTH CHECK TODAY
WITH A PHYSICIAN.**



TAKE A TIMEOUT

- » 1 in 5 American men has heart disease.
- » 1 in 3 American adults has high blood pressure.
- » 3 in 4 American men are overweight.
- » 9 in 10 lung cancer deaths are caused by cigarette smoking.



FLORIDA HOSPITAL
East Orlando

The skill to heal. The spirit to care.



TAKE A TIMEOUT TO CARE ABOUT YOURSELF.
THEY'RE NO OVERTIME
IN LIFE



SCREENING	WHAT IT'S FOR	WHEN TO GET IT
Cancer Screenings: Common diagnostic tests for prostate, skin and testicular cancer:		
Prostate-Specific Antigen Test	Measures the amount of prostate-specific antigen in the blood; a high amount may indicate prostate cancer	Annually for men over 50; in high risk groups or with a strong family history should consult their physician regarding earlier testing
Skin/Mole exam	Check for changes in existing moles or development of new moles	Typically monthly
Testicular Self-examination	Check for lumps, hardness or thickness in the testes	Recommended monthly
Colorectal Health: Begin testing at age 50. Your physician will help you decide which of the following screening tests is best for you. If you have a family history or other risk factors, you may need to be screened sooner:		
Digital Rectal Exam	Physical exam where a health care provider checks for abnormalities and possible cancers of the rectum	Typically yearly after age 50
Fecal Occult Blood Test	Checks for hidden blood in the stool	Typically yearly after age 50
Double Contrast Barium Enema	A fluid used to coat the insides of organs so they show up on X-ray detects narrowed areas, blockages and other problems in the colon	Typically every 5-10 years after age 50
Flexible Sigmoidoscopy	To detect the cause of diarrhea, abdominal pain, constipation, or early signs of colorectal cancer	Recommended every five years after age 50
Colonoscopy	To detect possible abnormalities or cancer in the large intestine and possible removal of tissue for further examination	Recommended every 10 years after age 50
Tetanus-Diphtheria Booster vaccine	Protects against tetanus (also known as lock-jaw) and diphtheria	Typically every 10 years
Metabolic Syndrome: The best way to prevent Metabolic Syndrome is to make healthy changes to your lifestyle including: not smoking, losing weight, increased physician activity, and eating a well balanced diet.		
Smoking Cessation: Lung cancer is the leading cause of cancer deaths in the US and 87% of lung cancer deaths can be attributed to tobacco use. If you are ready to quit and breathe easier, contact the Break the Chain Smoking Cessation Program at 407-303-6830.		
Blood Donations: Men who donate blood regularly have a lower risk for heart disease and other chronic conditions. Donate today at your local Florida's Blood Centers.		
Sexually Transmitted Infections: Discuss with your doctor if you should be tested for Gonorrhea, Syphilis, Chlamydia or other sexually transmitted infections including HIV.		

*These are general health guidelines. Men should consider their family history and discuss appropriate screenings and testing schedules with their physician.