



When it comes to our own health and wellness, most men don't know the score.

While most of us have a good idea of what's happening in our lives, we may not pay as close attention to what we need to be doing to keep our bodies healthy and fit.

The chart on the reverse side of this card is an easy way to keep track of the steps you should take to ensure a lifetime of good health.

The most important things we can do to stay healthy are:

- Don't smoke or use tobacco
- Be physically active
- Eat a healthy diet
- Stay at a healthy weight
- Drink alcohol only in moderation
- Follow what your healthcare provider recommends, including taking medication and lifestyle modification

1 Hamilton Health Place
Hamilton, NJ 08690
(609) 586-7900

Learn more about
RWJHUH Hamilton Fitness and Wellness Center
Community Education & Events
@ rwjbh.org/events or call 609-584-5900

**Robert Wood Johnson
University Hospital
Hamilton**

**RWJ Barnabas
HEALTH**

Let's be healthy together.

Decade	20s	30s	40s	50s	60s	70s
General Health						
Full checkup including weight and height	✓	✓	✓	✓	✓	✓
Sleep habits – discuss at annual exam	✓	✓	✓	✓	✓	✓
Thyroid screening	•	•	•	•	•	•
Immunizations						
Tetanus-Diphtheria Booster	*	*	*	*	*	*
Influenza	✓	✓	✓	✓	✓	✓
Pneumococcal					▶	▶
Herpes zoster					▶	▶
Diabetes						
Check - fasting blood glucose	+	+	+	+	+	+
Cardiovascular Health						
Blood pressure	❖	❖	❖	❖	❖	❖
Cholesterol – total, LDL, HDL and triglycerides	•	•	•	•	•	•
Abdominal Aortic Aneurysm screening					■	■
Reproductive Health						
Testicular exam	•	•	•	•	•	•
Sexually Transmitted Infection (STI) tests	•	•	•	•	•	•
Prostate Health						
Digital Rectal Exam (DRE)			•	•	•	•
Prostate-Specific Antigen (PSA)			•	•	•	•
Eyes, Ears and Teeth						
Eye exam	♥	♥	★	★	▼	▼
Hearing test	*	*	*	•	•	•
Dental exam	◆	◆	◆	◆	◆	◆
Skin Health						
Mole exam	■	■	■	▶▶	▶▶	▶▶
Colorectal Health						
Fecal occult blood test, flexible sigmoidoscopy, colonoscopy: starting at age 45			★	★	★	★

- Discuss with your healthcare provider
- Monthly self-exam and every 3 years by your healthcare provider
- ▶▶ Monthly self-exam and every year by your healthcare provider
- ▶ One time only
- ◆ Every 6 months
- ✓ Every year
- ▼ Every 1-2 years
- ❖ Every 2 years
- ★ Every 2-4 years
- * Every 10 years

- ♥ Get your eyes checked if you have problems or visual changes
- +
- Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes
- Get this one time screening if you have ever smoked
- ★ Talk to your healthcare provider about which screening test is best for you and how often you need it

For more information, visit rwjbh.org/Hamilton or call our Physician Referral Line at **888-724-7123**

Note: These are general guidelines appropriate for men at average risk of most disease.

Sources: US Department of Health and Human Services, American Thyroid Association.