

Toolbox Talk

Men's Health Month



June is Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

- Currently, men are dying an average of 5 years younger than women and lead 9 out of 10 of the top causes of death.
- Men are at a greater risk for death in every age group. More males than females are born (105 vs100), but by age 35, women outnumber men.
- Men have higher suicide death rate than women. Men account for 92% of fatal workplace injuries.
- Men do not see physicians for physical exams nearly as often as women and men are more likely to be uninsured than women.
- Breast cancer is a men's health issue too! More than 2,650 men are diagnosed with breast cancer each year.

How to do a self-performed testicular exam:

Testicular self-exams help you learn how your testicles normally look and feel. Then you're more likely to notice subtle changes.

Changes in your testicles could be a sign of a common benign condition, such as an infection or a cyst, or a less common condition, such as testicular cancer. The following website has more information:

<https://www.mayoclinic.org/tests-procedures/testicular-exam/about/pac-20385252>

Here is a breakdown of each decade of a man's life, and when he should be getting certain check-ups with his healthcare provider:

20's **Every year** – a physical exam, blood pressure analysis, blood test & urine analysis, rectal exam, STD testing, self-performed testicular exam

Every 5 years – TB skin test

Every 10 years – Tetanus booster

40's **Every year** – a physical exam, blood pressure analysis, blood test & urine analysis, rectal exam, STD testing, self-performed testicular exam, electrocardiogram (EKG) for heart abnormalities, prostate specific antigen (PSA) screening, hemoccult test

Every 5 years – TB skin test

Every 10 years – Tetanus booster with physician's discretion – chest x-ray, testosterone screening

30's **Every year** – a physical exam, blood pressure analysis, blood test & urine analysis, rectal exam, STD testing, self-performed testicular exam, electrocardiogram (EKG) for heart abnormalities

Every 5 years – TB skin test

Every 10 years – Tetanus booster

50+ **Every year** – a physical exam, blood pressure analysis, blood test & urine analysis, rectal exam, STD testing, self-performed testicular exam, electrocardiogram (EKG) for heart abnormalities, prostate specific antigen (PSA) screening, hemoccult test

Every 5 years – TB skin test

Every 10 years – Tetanus booster with physician's discretion – chest x-ray, testosterone screening, bone density screening



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