

STEPS TO GOOD HEALTH FOR MEN

Prevention happens before screening. “Among men, more than one-half of premature deaths are preventable”. Here are some steps you can take to improve the quality and quantity of your life*:

- Eat a varied diet, rich in fruits, vegetables, whole grains, and low-fat foods.
- Be especially careful to limit cholesterol intake and avoid saturated fats.
- Moderate exercise for 30 minutes five times a week, or vigorous exercise for 20 minutes three times a week.
- Protect yourself from the sun.
- Maintain a healthy weight.
- Drink at least eight 8-ounce glasses of water per day.
- Limit alcohol to two drinks per day.
- Don't smoke, and minimize your exposure to second-hand smoke.
- See your doctor regularly.
- Know your family history and discuss it with your doctor.
- If you are over 40, get a baseline PSA (prostate specific antigen) test and monitor this periodically with your doctor.
- Practice safe sex.
- Wear a seatbelt whenever you're in the car, and a helmet when on a motorcycle or bicycle.
- Manage your stress.
- Get help if you need it.

*Men's Blueprint for Health (<http://blueprintformenshealth.com/>)