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## **Men's Health: The Importance of Prevention and Early Detection**

June is Men's Health Month—a time to remind yourself or the men in your life about the importance of recommended preventive screenings. According to the Mayo Clinic, men have historically been less likely to seek medical care or attend regular preventive checkups. However, many health conditions can be prevented or effectively treated when detected early.

It's important not to wait until symptoms become serious before seeking care. Early detection can help identify conditions such as cancer, heart disease, diabetes, and other chronic illnesses when treatment is most effective.

Men over age 50 should have a yearly physical exam. Men younger than 50 should have a physical exam every 3 to 5 years. In addition, consider these important screenings to help maintain your health:

### **Blood Pressure**

High blood pressure often has no noticeable symptoms, yet it significantly increases the risk of heart disease and stroke. Regular screening is essential.

### **Colorectal Cancer**

Screening helps detect precancerous polyps or colorectal cancer early, when treatment is most successful. Screening is recommended starting at age 45.

### **Diabetes**

Men without risk factors should begin routine screening at age 45. Earlier screening may be needed for those with risk factors such as high blood pressure, excess weight, prediabetes, or a family history of diabetes.

### **Abdominal Aortic Aneurysm (AAA)**

Medicare covers a one-time screening for those at risk with a doctor's referral. You may be at increased risk if:

- You have a family history of abdominal aortic aneurysm
- You are a man ages 65–75 who has smoked at least 100 cigarettes in your lifetime

### **Cholesterol**

High cholesterol increases the risk of heart disease. Men at average risk should begin screening at age 18 and repeat it every 5 years. Those at higher risk—including men who smoke, are overweight, have diabetes, or are over age 45—may need more frequent testing.

### **Lung Cancer**

The U.S. Preventive Services Task Force recommends annual lung cancer screening for adults ages 50–80 who have a 20 pack-year smoking history, currently smoke, or have quit within the past 15 years.

Men's Health Month is a reminder that many serious health conditions can be prevented or managed when detected early. Taking small, proactive steps today can lead to a longer, healthier life. Encourage the men in your life to prioritize their health and schedule recommended screenings.