-Periodic health examinations

Men should prioritize regular health checkups

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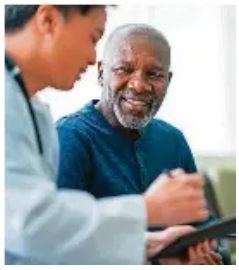
Regular checkups are a powerful tool for men to live longer, healthier lives, especially as they age.



Unfortunately, men often drag their feet when it comes to going to the doctor, or getting medical attention when something crops up with their health. Unless their wives make the appointments, men aren't as likely as women to undergo the important preventive screenings with their healthcare providers.

Early detection of any medical issue is the best way to treat and manage it effectively. Delaying or avoiding a checkup or screening could lead to a treatable situation turning deadly.

Here's how checkups contribute to longevity and well-being.

Many serious health conditions – such as high blood pressure, high cholesterol, diabetes and certain cancers – develop silently. Routine screenings can catch these problems early, before symptoms appear, making treatment more effective and often less invasive.

Regular visits include preventive care, such as flu shots, shingles vaccines, and screenings for prostate and colorectal cancers. Doctors can also assess lifestyle habits and recommend changes to reduce risk factors.

As men age, they may experience stress, depression, or cognitive decline. Check-ups offer an opportunity to assess emotional well-being and discuss any mental health concerns.

Regular reminders from your healthcare providers often motivate healthier lifestyle choices like better nutrition, more exercise, quitting smoking, and moderating alcohol.

Men's health needs evolve with age. What's relevant at 40 may change by 60 or 70. Checkup recommendations are based on family history, risk factors and life stage.

Keeping tabs on blood pressure, cholesterol, glucose, and body mass index (BMI) gives a clearer picture of cardiovascular and metabolic health. A consistent record allows your doctor to spot trends and make timely interventions.

For men with conditions like hypertension, diabetes, or arthritis, regular checkups ensure appropriate management, reducing complications like stroke, kidney failure or disability.

Routine checkups for men aren't about "finding problems." They're a personalized roadmap to help you stay active and healthy.

Lisa Peake is a registered nurse, certified dementia practitioner and certified care manager for One Senior Place Care Management in Viera, Florida.