

Men and aging... it's all in the numbers.

Although you may feel healthy now, an active lifestyle may not always be enough to combat unhealthy aging, as environment and genetics also play a role. Screening tests are a simple way to detect those hidden changes that occur due to aging, or may offer explanations as to why you are experiencing certain symptoms.

Check out the list below of the various screenings men should have performed regularly.

1 Blood Pressure Screening
Because high blood pressure can be present without symptoms, it is a good idea to get tested every year.

2 Diabetes
According to the American Diabetes Association, all patients should be screened for diabetes at three-year intervals beginning at age 45, especially people who are overweight or obese. The U.S. Preventive Services Task Force also recommends adults with high blood pressure or high cholesterol to be screened to reduce the chances of cardiovascular disease.

3 Cholesterol
If you are 20 or older and have not been diagnosed with heart disease, the American Heart Association recommends having your cholesterol levels checked every four to six years. If you have an increased risk of developing heart disease (genetically or based on lifestyle habits), you should be checking your levels regularly.

4 HIV/STDs
If you are sexually active, you should get tested after each new partner for sexually transmitted diseases.

5 Testicular Cancer
Beginning at age 18, you should perform monthly self-examinations and discuss any abnormalities with your doctor.

6 Prostate Cancer
To protect yourself against prostate cancer, you should consider annual prostate-specific antigen tests and digital rectal exams once you turn 50.

7 Colorectal Cancer
Men have a slightly higher risk of developing either colon or rectal cancer than women. You should discuss with your doctor which screening test is right for you. The American Cancer Society advises by age 50 you should be scheduling rectal exams every 5-10 years.

8 Testosterone Levels
If you notice you having a lower sex drive, increased fatigue or symptoms of depression, talk to your doctor about screening for low testosterone levels.

Healthy Aging means staying on top of your health status. Early detection can drastically improve your chances of beating many diseases. It is important to schedule frequent checkups with your doctor and undergo regular screening tests. These tests can offer deeper insight to what's really going on inside our bodies.

SOURCES:
<http://www.idph.state.il.us/menshealth/screening.htm>
<http://www.cancer.gov/types/prostate/psa-fact-sheet>
<http://www.menshealthnetwork.org/library/getitcheckedpostermen.pdf>
<http://www.healthymen.org/content/article/preventive-health-screenings-men>

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EMORY

Healthy Aging Study

