

# Men's Health Through The Ages

Roger M. Oskvig, MD, FACP

MEDICINE *of* THE HIGHEST ORDER



UNIVERSITY *of*  
**ROCHESTER**  
MEDICAL CENTER

# Two Approaches to Health

## Screening Guidelines

- Changing Guidelines as We Age

## Major Causes of Premature Death

- Interventions to Mitigate Risk

# Physical Exam

18-39 y/o	40-49 y/o	50-64 y/o	> 65 y/o
Once	Twice	Every 3 Years	Annual

# Dental

18-39 y/o	40-49 y/o	50-64 y/o	> 65 y/o
Screen and Clean: 6 months	Screen and Clean: 6 months	Screen and Clean: 6 months	Screen and Clean: 6 months
Exam: Annual	Exam: Annual	Exam: Annual	Exam: Annual

# Blood Pressure

18-39 y/o	40-49 y/o	50-64 y/o	> 65 y/o
Every 2 years	Every 2 years	Every 2 years	Annual

# Annual Reviews

18-39 y/o	40-49 y/o	50-64 y/o	> 65 y/o
BMI Alcohol/ drug	BMI Alcohol/ drug Skin	BMI Alcohol/ drug Skin Prostate FOB	BMI Alcohol/ drug Skin Prostate FOB Eye

# Eye: Glaucoma, Cataract

18-39 y/o	40-49 y/o	50-64 y/o	> 65 y/o
Once	Every 5 Years	Every 2 Years	Annual

# Hearing

18-39 y/o	40-49 y/o	50-64 y/o	> 65 y/o
Once	Once	Every 3 Years	Every 3 Years

# Diabetes

18-39 y/o	40-49 y/o	50-64 y/o	> 65 y/o
Once	Every 3 Years Beginning age 45	Every 3 Years	Every 2 Years

# Colon Cancer Screening

18-39 y/o	40-49 y/o	50-64 y/o	> 65 y/o
		Annual FOB Colonoscopy every 10 years, or x-rays every 5	Annual FOB Colonoscopy every 10 years, or x-rays every 5

# Prostate Screening

18-39 y/o	40-49 y/o	50-64 y/o	> 65 y/o
	Annual DRE (risk group)	Annual DRE PSA: discuss	Annual DRE PSA: discuss

# Lab Tests

18-39 y/o	40-49 y/o	50-64 y/o	> 65 y/o
<p>Cholesterol once</p> <p>Thyroid ? Kidney?</p> <p>CBC-no</p>	<p>Cholesterol once</p> <p>Glucose every 3</p> <p>Thyroid ? Kidney? PSA? CBC-no</p>	<p>Cholesterol every 3</p> <p>Glucose every 3</p> <p>Thyroid ? Kidney? PSA? CBC-no</p>	<p>Cholesterol every 2</p> <p>Glucose every 2</p> <p>Thyroid ? Kidney? PSA? CBC-no</p>

# Physical Screenings

18-39 y/o	40-49 y/o	50-64 y/o	> 65 y/o
BMI annual BP every 2 Hearing once Eye once Skin every 3	BMI annual BP every 2 Hearing once Eye every 3 Prostate maybe Skin annual	BMI annual BP every 2 Hearing every 3 Eye every 2 Prostate annual Skin annual	BMI annual BP every 2 Hearing every 3 Eye annual Prostate annual Skin annual

# Immunizations

## Flu

- 18 – 49: TIV or LAIV
- 49 - 64: TIV
- 65 and over: TIV or high dose TIV

## Pneumococcus

- 18 - 64: once if in risk group
- 65 and over: once

**Shingles:** Once for 60 and over

**Tdap** for the unvaccinated

- Under 65
- Any age who care for infants

**TD** every 10 years

**Hepatitis B:** all adults who want protection

**Meningococcus:** students 18 - 21

# Debated by Professional Groups

Annual blood pressure

Annual physical

Tuberculin skin testing

Thyroid, PSA, testosterone, vitamin, kidney, liver, bone, urine screening

Bone mineral density

PSA

hsCRP

EKG

Chest X-ray

Calcium scoring

# Modifiable Causes of Early Mortality in Men

Heart Disease

Cancer

Accidents

Chronic Lower Respiratory Conditions

Stroke

Diabetes

Suicide

# Things to Do to Lower Heart Disease

Don't smoke

Healthy diet

Daily physical activity

Manage chronic conditions (BP, Chol, DM)

Healthy weight

Limit alcohol

Manage stress

# Things to Do to Lower Cancer Risk

Don't smoke

Healthy diet

Daily physical activity

Healthy weight

Limit alcohol

Protect from the sun

Early detection

# Things to Do to Lower Risk from Lower Respiratory Conditions

Don't smoke

Avoid pollutants

Reduce infections

- Hand washing
- Flu shots
- Pneumonia shot

# Things to Do to Reduce Stroke Risk

Don't smoke

Healthy diet

Manage chronic conditions (BP, Chol, DM, a fib)

Daily physical activity

Healthy weight

Limit alcohol

# Things to Do to Lower Risk from Diabetes

Healthy diet

Healthy weight

Daily physical activity

Don't smoke

# Reduce Injury from Accidents

Motor Vehicles are #1

- Wear seatbelts and helmets
- Drive the speed limit
- Don't drive under the influence
- Don't drive distracted or sleepy

Occupational and Recreational

- Use safety and protective equipment

# Suicide

Primary risk factor is depression

- Loss of interest
- Sadness, unhappiness

If contemplating suicide

- Call for emergency help
- Go to an emergency room

# Health Throughout Life - Final Message

## Healthy Choices

- Healthy diet
- Regular physical activity
- Don't smoke

## Regular medical checkups

Take precautions in daily activities

Understand your Risks



UNIVERSITY *of*  
ROCHESTER  
MEDICAL CENTER

MEDICINE *of* THE HIGHEST ORDER