

Men's Health Checkup Record

Use this page to record test dates and results. Find out *when* you should get these tests on pages 4 and 5. Find out *why* you need these tests and *what to expect* on pages 6, 7, and 42 to 48.

Screening Test	Date of Test & Results	Date of Test & Results
Physical Exam / Checkup		
For Heart Health & Stroke Prevention		
Blood Pressure		
Total Cholesterol		
HDL (good) Cholesterol		
LDL (bad) Cholesterol		
For Colon / Rectal Health		
Stool Blood Test		
Colonoscopy		
For Depression / Mental Health Screening		
To Screen for Diabetes		
Blood Glucose Test		
Triglycerides		
Weight		
Body Mass Index (See page 26.)		
For Prostate Health		
DRE (digital rectal exam)		
PSA Blood Test		
To Detect STDs		
HIV Infection		
Abdominal Aortic Aneurysm Screening (one-time test for men who have ever smoked)		
Other Tests		
Dental Checkup		
Vision Exam		

Men's Self-Care Guide

If you are like most men, you like to keep your car in good running order. You may know what to do to take care of your car on your own. If not, you can find out what needs to be done by reading your car's manual or taking it to a car mechanic.



This self-care guide is a maintenance manual for your health. Use it as a tool to help you keep **your** body in good running order. Use it to help you:

- Find out what health screenings and exams you should get and learn why and when you should get them.
- Learn when your symptoms need medical care and when you can take care of a problem yourself.

- Learn how important it is to follow healthy habits for eating, physical activity, sleeping, etc.

Make your health a priority. Taking care of your health makes you a better partner, father, and friend.

So, read this self-care guide. Fill in the charts and checklists provided. Take this guide with you when you visit your doctor or health care provider. If you don't already have one, contact your health plan for a list of providers to choose from. Use the health screening and other benefits provided by your health plan, too.

Taking care of your health is important. Your car can be replaced. You can't.

Note: This book is not meant to substitute for expert medical advice or treatment. The information is given to help you make informed choices about your health. Follow your doctor's or health care provider's advice.

This guide is one of many self-care books and programs offered by the American Institute for Preventive Medicine. The goal of all of these products is to help individuals reduce health care costs and improve the quality of their lives.

For more information, call or write:

30445 Northwestern Hwy. | Ste. 350 | Farmington Hills, MI 48334-3102
248.539.1800 | fax. 248.539.1808 | email. aipm@healthylife.com

Copyright 2007, 1st edition, American Institute for Preventive Medicine. All rights reserved under International and Pan-American Copyright Conventions. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopy, recording, e-mailing, or otherwise, without written permission of the publisher.

Table of Contents

Men’s Health Checkup Record	1
Men’s Self-Care Guide Introduction.....	2
Table of Contents	3
Health Tests Men Need	4
Specific Tests for Men – What You Need to Know	6

Men’s Health Issues

Your Body	8
Erectile Dysfunction (ED)	9
Jock Itch	10
Kidney Stones	11
Prostate Problems.....	13
Testicle Problems & Testicular Self-Exam (TSE)	16
Men’s Health Resources	19

Men’s & Women’s Wellness Handbook

Introduction.....	20
Be Physically Active	21
Eat for Good Health.....	23
Control Your Weight	26
Control Your Cholesterol & Triglycerides	28
Use Alcohol Wisely.....	29
Be Tobacco-Free	30
Manage Stress	31
Deal with Depression.....	32
Cancer Prevention.....	34
Control Your Blood Pressure	35
Sexually Transmitted Diseases (STDs) & Safer Sex	36
Health Tests for Men & Women – What You Need to Know	42
Get the Vaccines You Need.....	49
Vaccine Record	51



Health Tests Men Need

- Screening tests help find problems early when they are easier to treat. See what health tests you should have and when to have them that are listed on this page and page 5. See, also:
 - **Specific Tests for Men – What You Need to Know** on pages 6 and 7.
 - **Health Tests for Men & Women – What You Need to Know** on pages 42 to 48.
- The guidelines listed below are from the U.S. Preventive Services Task Force. Discuss these tests with your doctor. Ask which ones you need and when you should get them.
- Find out about the screenings that are part of your employee’s health benefit plan. Adult men should also be screened for alcohol misuse and tobacco use.
- Keep track of the tests you have in the Men’s Health Checkup Record on page 1 of this book.

Health Tests for Men & When to Have Them			
	Ages 18 – 29	Ages 30 – 49	Ages 50+
Digital Rectal Exam (DRE)		African American men and men with a family history of prostate cancer should discuss screening for prostate cancer with their doctors starting at age 45.	Discuss with doctor.
PSA (Prostate-Specific Antigen) Blood Test		African American men and men with a family history of prostate cancer should discuss screening for prostate cancer with their doctors starting at age 45.	Discuss with doctor.

{Note: Men can get breast cancer. This is very rare. In the U.S., about 450 men die from breast cancer each year. Men should look for and report a breast lump or other breast changes to their doctors.}



Routine Tests & When to Have Them

	Ages 18 – 29	Ages 30 – 49	Ages 50+
Physical Exam/ Checkup	Every 5 years.	Every 2 – 4 years.	Every 1 – 2 years.
Weight / Body Mass Index (BMI)	At routine checkups or office visits.		
Blood Pressure	At every office visit or at least every 2 years.		
Cholesterol Blood Test	Sooner than age 45 if you have diabetes, high blood pressure, a family history of heart disease, or you smoke. Otherwise, start getting this test at age 45, every 5 years or as advised by your doctor.		
Depression / Mental Health / Screening	Discuss with your doctor.		
Diabetes Screening (Blood Glucose Test)	Get tested if you have high blood pressure or high blood cholesterol or as advised by your doctor.		
HIV Screening	If at risk for HIV, discuss with doctor.		
Colorectal Cancer Screening			Discuss with doctor.
Abdominal Aortic Aneurysm Screening			One-time screening in men age 65 to 75 years who have ever smoked.

Other Routine Tests & When to Have Them

	Ages 18 – 29	Ages 30 – 49	Ages 50+
Dental Checkup	Every 6 – 12 months.		
Vision Exam	Every 5 years.	Every 2 – 4 years.	Every 1 – 2 years.

Specific Tests for Men – What You Need to Know

Digital Rectal Exam

Why you need this:	Used as a screening tool for an enlarged prostate gland and for the possible presence of prostate cancer and tumors in the rectum.
What to expect:	The doctor inserts a gloved and lubricated finger into the anus to feel the prostate gland through the front wall of the rectum. The doctor feels for lumps or hard areas and for an enlarged prostate. This can feel uncomfortable, but does not usually cause pain.
What the results mean:	If a lump or other problem is felt, the doctor may prescribe follow-up tests.

PSA – Prostate Specific Antigen

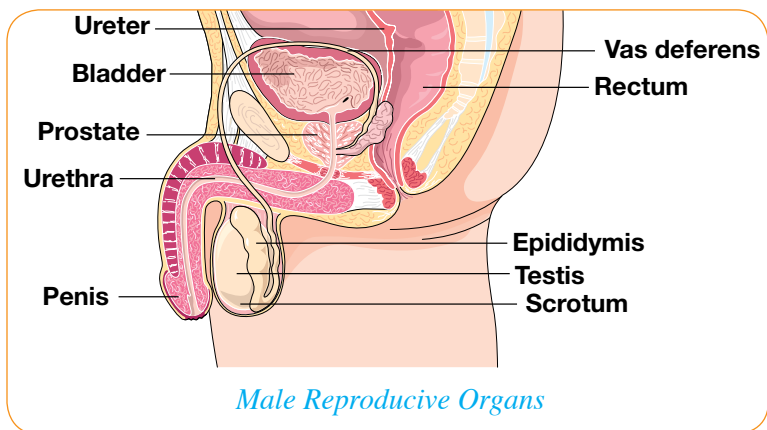
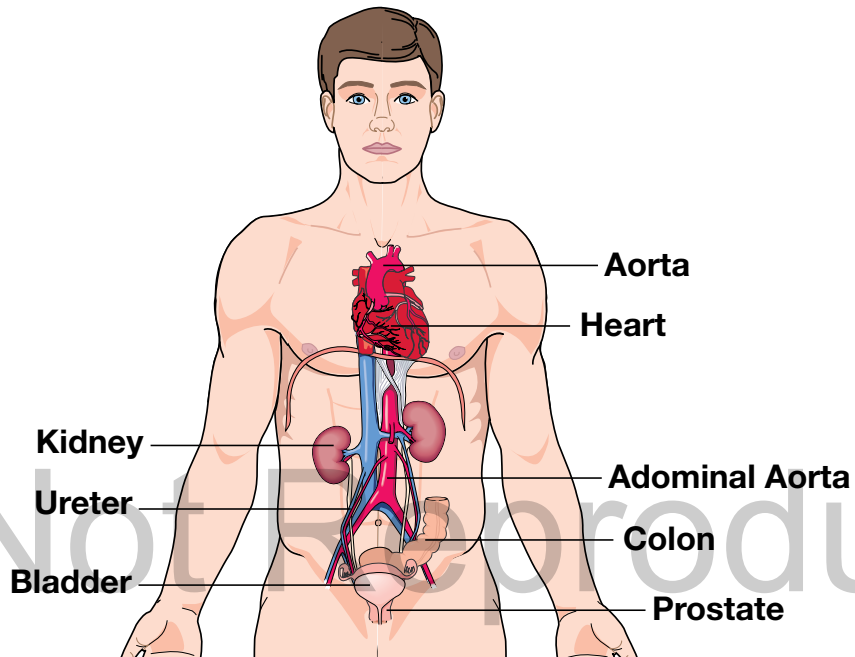
Why you need this:	Used as a screening tool for the possible presence of prostate cancer.
What to do before the test:	Avoid having sex 24 hours before the test. Find out ahead of time, from your doctor, if you need to delay or skip any medicines you take until after the test.
What to expect:	A blood sample is taken, usually from a vein in the arm. The sample is sent to a lab.
What the results mean:	The results give the blood level of prostate-specific antigen, (a protein made by the prostate gland) in nanograms per milliliter (ng/mL). The upper limit of “normal” is 4.0 ng/mL. Levels above this do not mean prostate cancer is present for sure. Elevated PSA levels can also be from an enlarged prostate and prostate gland infections. Also, cancer can be present at levels below 4.0 ng/mL. You should discuss PSA testing with your doctor. Your doctor may advise follow up PSA tests. How much your PSA level changes from year to year, your age, and other medical problems you have are factors your doctor may consider in deciding about extra tests, such as a biopsy for prostate cancer.

Abdominal Aortic Aneurysm (AAA) Screening

Why you need this:	<p>The aorta is the main artery in the body. It extends upward from the heart, curves behind the heart, and runs downward through the chest and into the abdomen. The part in the abdomen is called the abdominal aorta. An aneurysm is a balloon-like swelling in a blood vessel wall. If this gets too big, the aorta can burst or tear. This is life threatening.</p> <p>Major risk factors for an aneurysm in the aorta are: Being male; being age 65 years or older; and a history of smoking at least 100 cigarettes over a lifetime. An ultrasound test is used to screen for an AAA. This test uses sound waves to get an image of your aorta and other structures in the upper abdomen to check for problems.</p>
What to do before the test:	You may need to avoid eating for 8 to 12 hours before the test.
What to expect:	The test is usually painless. It does not involve the use of needles, injections, or radiation. You will be given a gown to wear. You lie on your back on an exam table. A warm gel is applied to the skin on your abdomen. The technician firmly presses a hand-held instrument (a transducer) in a back and forth motion over the skin of your abdomen. The test takes about 30 minutes. The gel is wiped off. The test is done.
What the results mean:	A radiologist looks at the images and sends a report to your doctor. If a problem is found, your doctor will order follow-up testing or treatment, as needed.



Men's Health Issues: Your Body



Testicle Problems & Testicular Self-Exam (TSE)

The testicles (also called testes) are two oval shaped organs that make and store sperm. They also make male sex hormones. The testicles are inside the scrotum. This sac of skin hangs under the penis. The scrotum can swell or be painful without a testicle problem. An example of this is an inguinal hernia. (A part of the intestine bulges through a muscle near the groin or scrotum.)

Problems that affect the testicles include: Injury, swelling and infection; torsion; undescended testicles, and cancer.

Signs & Symptoms

For Injury, Swelling, and/or Infection

- Pain and swelling in the scrotum.
- Feeling of heaviness in the scrotum.
- Fever is a sign of a testicular or other infection.



For Torsion of a Testicle

- Sudden and severe pain in the scrotum.
- Swelling. Most often, this occurs in one testicle.
- Fever.
- Abdominal pain. Nausea. Vomiting.

For Undescended Testicles

- In baby boys, testicles do not descend into the scrotum from the abdomen before birth or within months of birth like they should.

For Cancer of a Testicle

In the early stages, there may be no symptoms. When symptoms occur, these include:

- A lump on a testicle, epididymis, or vas deferens.
- An enlarged testicle.
- A heavy feeling, pain or discomfort in the testicle or scrotum.
- A change in the way a testicle feels.
- A dull ache in the lower abdomen or groin.
- Enlarged or tender breasts.
- Sudden pooling of fluid in the scrotum.

Causes

For Injury, Swelling, and Infection

- Trauma to the testicles from being hit, kicked, struck, etc. Often, this occurs during sports. Though rare, trauma to the abdomen can cause the testicles to move outside the scrotum.
- Orchitis. With this, a testicle is inflamed. Often it is due to an infection, such as mumps or chlamydia. The epididymis can also be inflamed from an infection.

For Torsion of a Testicle

When the spermatic cord twists, a testicle rotates. This cuts off blood supply to and from the testicle.

- This usually occurs in males under age 30, most often between the ages of 12 and 18.
- Symptoms often occur after physical activity or during sleep.
- Symptoms may occur for no known reason.

Testicle Problems & Testicular Self-Exam (TSE), continued

For Undescended Testicles

Testicles fail to drop from inside the pelvis area down into the scrotum before birth or within a year of birth.

For Cancer of a Testicle

The cause is not known. Risk factors include:

- Undescended testicles that are not corrected in infants and young children. Parents should see that their infant boys are checked at birth for this problem.
- Having cancer of a testicle in the past.
- A family history of cancer of a testicle, especially in an identical twin.
- Injury to the scrotum.

Treatment

For Injury, Swelling, and/or Infection

- Pain from a minor injury to a testicle usually goes away on its own.
- Antibiotics treat bacterial infections. Untreated infections can cause infertility.

For Torsion of a Testicle

Emergency medical care is needed. The testicle may be untwisted by hand. If not, surgery is needed to restore blood flow to the testicle.

For Undescended Testicles

Surgery is done to bring the testicles down into the scrotum.

For Cancer of a Testicle

This kind of cancer is almost always curable if it is found and treated early. Surgery is done to remove the testicle. Other things can further treat the disease:

- Chemotherapy.
- Radiation therapy.
- If needed, lymph nodes are removed by surgery.

Reasons to Get Medical Care Fast

- You have any of these problems all of a sudden:
 - Severe pain in the scrotum or in one testicle.
 - Tenderness and swelling in the scrotum (most often in one testicle) with fever, abdominal pain, nausea, and/or vomiting.
 - A tender nodule in the upper and outer area of a testicle.
 - A testicle is bluish in color.
- Bleeding comes from the scrotum.
- You had an injury, trauma, or abuse (including sexual assault) to the genital area.

Reasons to Consult Your Doctor

- You got a fever, swelling, and pain in the testicle(s) after having the mumps.
- You have signs and symptoms of cancer of a testicle listed on page 16.
- You have signs and symptoms of chlamydia listed on page 36.
- You have any of these problems:
 - Swelling in the scrotum that was soft and painless, but is now painful or very uncomfortable.
 - Swelling in the scrotum and/or a change in the way the scrotum normally feels.

Testicle Problems & Testicular Self-Exam (TSE), continued

Self-Care / Prevention

To Avoid Injury to the Scrotum

- Wear protective gear and clothing during exercise and sports.
- Wear an athletic cup to protect the testicles.

To Help Prevent Infections

- See that your children get vaccines for measles, mumps, and rubella (MMR) as advised by their doctor.
- Follow “Safer Sex To Help Prevent STDs” guidelines. (See page 41.)

To Treat Infections

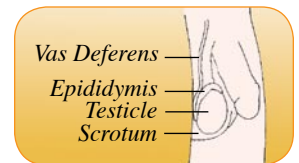
- Take medication as prescribed.
- Take an over-the-counter medicine for pain and swelling, if needed. Follow directions.
- Rest.
- Apply cold compresses or an ice pack to painful, swollen areas.

Do Not Reproduce

Testicular Self-Exam (TSE)

Do a TSE monthly or as often as advised by your doctor. The best time to do a TSE is after a warm bath or shower. This relaxes the scrotum, allows the testicles to drop down, and makes it easier to find anything unusual. Doing a TSE is easy and takes only a few minutes.

1. Stand in front of a mirror. Look for any swelling on the skin of the scrotum.
2. Examine each testicle with both hands. Place your index and middle fingers underneath the testicle and your thumbs on top. Gently roll one testicle then the other between your thumbs and fingers. One testicle may be larger. This is normal. Examine each testicle for any lumps. These are usually painless and about the size of a pea.
3. Find the epididymis. This is the comma-shaped cord behind the testicle. It may be tender to the touch. Check it for lumps.
4. Examine the vas deferens. This is the tubelike structure at the back of each testicle. Check it for lumps.



Men's Health Resources

American Heart Association
800.AHA.USA1 (242.8721)
888.4.STROKE (478.7653)
www.americanheart.org

American Urological Association (AUA)
Foundation
888.828.7866
www.afud.org

Cancer Information Service
800.4.CANCER (422.6237)
www.cancer.gov

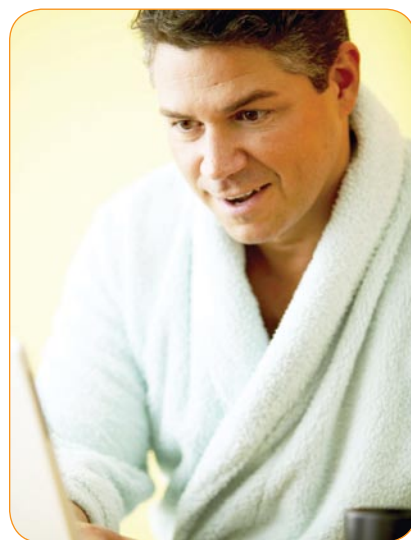
Men's Healthline
888.MEN.2.MEN (636.2636)

Men's Health Network
202.543.MHN-1 (543.6461)
www.menshealthnetwork.org
www.menshealthlibrary.org

National Health Information Center
800.336.4797
www.healthfinder.gov

National Institute of Diabetes and Digestive and
Kidney Disorders (NIDDK)
www.kidney.niddk.nih.gov

Do Not Reproduce



Men's & Women's Wellness Guide

Introduction

More than likely, you have heard the phrase, “You are what you eat.” You are really more than that. You are:

- What you eat (and don't eat).
- What you do (and don't do).

The lifestyle choices you make (and don't make) have a **BIG** impact on your health.

This section promotes guidelines that help you be healthy. The tips given also play a major role in preventing and dealing with common health problems.

You cannot change your age and family health history, but making healthy choices every day is in your control. Things you do (and don't do) on a daily basis form healthy and unhealthy habits. Choose healthy ones. They do your body and mind a lot of good!



Be Physically Active

Physical activity increases fitness. It helps build and maintain healthy bones, muscles, and joints. It builds endurance and muscular strength. It helps manage weight. It helps you look and feel better. It also lowers the risk for heart disease, colon cancer, and type 2 diabetes. It helps control blood pressure, too.

- Be physically active for at least 30 minutes most days of the week. For even greater health benefits or to control your weight, increase the intensity or the amount of time that you are physically active. About 60 to 90 minutes a day may be needed to prevent weight gain.
- Children and teens should be physically active for 60 minutes every day or most every day.

Types of Exercise

- **Aerobic Exercise.** This type speeds your heart rate and breathing. It promotes cardiovascular fitness. Examples are walking briskly, swimming, jumping rope, and jogging.

Three Steps of Aerobic Exercises

1. **Warm Up.** Spend 5 to 10 minutes stretching or doing the aerobic activity at a slower pace.
2. **Aerobic Activity.** To be aerobic, the activity you choose should:
 - Be steady and nonstop.
 - Last a minimum of 20 minutes. You can start out for shorter periods of time, many times a day. For example, start with 5 minutes, 4 times a day. Try to do more minutes each time.

- Allow you to speak without gasping for breath.
- Result in your target heart rate. This is 60 to 80% of your maximum heart rate. (See “Target Heart Rate Zone” below.)

Target Heart Rate Zone		
Age	Beats Per Minute	Approximate Beats Per 10 Seconds
20	120 to 160	20 to 27
25	117 to 156	19 to 26
30	114 to 152	19 to 25
35	111 to 148	18 to 25
40	108 to 144	18 to 24
45	105 to 140	17 to 23
50	102 to 136	17 to 23
55	99 to 132	16 to 22
60	96 to 128	16 to 21
65+	93 to 124	15 to 20

3. **Cool Down.** Cool down slowly. Choose a slower pace of the activity you were doing. For example, if you were walking briskly, walk slowly. Or, stretch for about 5 minutes.

Strengthening Exercises

Develop strength by lifting weights, etc. This will help build and maintain your bones.

Benefits of Strengthening Exercises

- They let your muscles work longer before they get tired. This is called endurance.
- They improve your bone density. This helps prevent osteoporosis and fractures.

Be Physically Active, continued

Strengthening Exercise Guidelines

- Use weights or a stretch band. Try out different ones to find what's right for you. For strengthening, you should be able to do at least 2 sets and repeat these 8 times. The weight is too heavy if you can't. If you can easily do more than 3 sets, 12 times, use a heavier weight.
- Give muscles a day to rest in between workouts. If you work out every day, do the upper body one day; the lower body the next.
- Move slowly. Don't jerk the weights up. Don't drop them too fast.
- Keep your knees and elbows slightly bent.
- Breathe out when you are at the hardest part of the exercise. Breathe in when you return to the starting position. Don't hold your breath.
- Work opposing muscles. For example, after you work the front of the arm (biceps), work the back of the arm (triceps).
- Talk to your doctor or a fitness consultant for a complete exercise program.

Stretching Exercises

These make your body more flexible. This helps to prevent injury during sports, exercise, and everyday activity. Do stretching exercises before and after every strengthening or aerobic workout.

Stretching Exercise Guidelines

- Try slow, relaxing stretches like those in yoga or tai chi.
- Try swimming. It builds flexibility.

- Stretch after exercise when muscles are warmed up. Stretch gradually.
- Don't bounce. Don't hold your breath. Exhale as stretching continues.
- Stretch every day, even if you don't exercise.
- Don't stretch areas where pain is felt.

Other Ways to Be Physically Active

- Recreation. Swim, golf, dance, etc.
- Active hobbies, such as working in the garden.
- Chores, such as washing windows, etc.

Physical Activity Advice

- Check with your doctor before starting any new vigorous exercise if you have a chronic health problem or if you are over age 40 (men) or 50 (women).
- Get physically active. Maintain or increase physical activity if you are already active. Stay active throughout your life.
- Choose activities that fit in with your daily routine.
- If muscles or joints start to hurt while you exercise, ease up.

For more information, contact:

Healthier US.GOV

www.healthierus.gov

Centers for Disease Control and Prevention

800.311.3435

www.cdc.gov

Eat for Good Health

Use *MyPyramid – Steps to a Healthier You*. Find out about this from www.mypyramid.gov. Or, call 888.7.PYRAMID (779.7264).

You will get this information:

- How much to eat from basic food groups, subgroups, and oils to meet your calorie needs. Serving sizes are given in cups, ½ cups, etc.
- How to keep track of the foods and beverages you eat and drink and the activities you do. You can get copies of “MyPyramid Worksheet” to compare your choices to your “MyPyramid” plan.
- Tips for physical activity, eating out, a sample menu, and more.

Sample “My Pyramid” Plan

Here is a sample of a “MyPyramid” plan for a 40 year old female who exercises less than 30 minutes a day.

Grains 6 ounces / day	Vegetables 2 cups / day	Fruits 1½ cups / day	Milk 3 cups / day	Meat & Beans 5 ounces / day
<ul style="list-style-type: none"> ■ Make half your grains whole. ■ Aim for at least 3 ounces of whole grains a day. 	<ul style="list-style-type: none"> ■ Vary your veggies. ■ Aim for these amounts each week: 2 cups dark green veggies 1½ cups orange veggies 2½ cups dry beans & peas 2½ cups starchy veggies 5½ cups other veggies 	<ul style="list-style-type: none"> ■ Focus on fruits. ■ Eat a variety of fruits. ■ Go easy on fruit juices. 	<ul style="list-style-type: none"> ■ Get your calcium-rich foods. ■ Go low-fat or fat-free when you choose milk, yogurt, or cheese. 	<ul style="list-style-type: none"> ■ Go lean with protein. ■ Choose low-fat or lean meats and poultry. ■ Vary your protein routine – choose more fish, beans, peas, nuts, and seeds.

Find your balance between food and physical activity. Be physically active for at least 30 minutes most days of the week.

Know your limits on fats, sugars, and sodium. Your allowance for oils is 5 teaspoons a day. Limit extras – solid fats and sugars – to 195 calories a day.

Your results are based on an 1,800 calorie plan. This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.

Eat for Good Health, continued

Healthy Eating Tips

- Choose whole-grain products and fruits and vegetables daily. These give vitamins and minerals, fiber, and other substances that are important for good health. Have 20 to 35 grams of dietary fiber per day.
- Choose fats wisely. Keep intakes of saturated and *trans* fat very low. How do you do this?
 - Limit animal fats. This means meat fat and full-fat dairy products.
 - Strictly limit *trans* fats which come from hydrogenated oils. These are in stick margarine, cookies, snack crackers, vegetable shortening (and foods fried in this).



Read food labels to find out the grams of saturated fat and *trans* fat an item has per serving. Aim to have less than 2 grams of *trans* fat a day.

Use only monounsaturated and polyunsaturated fat for added fats.

Monounsaturated Fats – Preferred

(These are mostly liquid at room temperature.)

Canola, olive, and peanut oils.

Natural fat in avocado.

Fat in almonds, peanuts, pecans.

Polyunsaturated Fats – Use in Moderation

(These are mostly liquid at room temperature.)

Safflower, corn, sunflower, soybean, and sesame seed oils.

Soft tub margarine.

Fat in walnuts, sunflower and pumpkin seeds.

Mayonnaise.

- Reduce salt (sodium) and increase potassium. Having less than 2,300 milligrams of sodium (about 1 teaspoon of salt) per day may reduce the risk of high blood pressure. This is from all sources: Salt added in cooking and at the table; salt in processed food; and sodium that occurs naturally in foods. Read the Nutrition Facts on food labels for sodium content.

Getting more potassium also helps lower blood pressure. Potassium is in many foods, such as fruits and vegetables, milk products, and meats. Processed foods add salt, but not potassium.

- If you drink alcoholic beverages, do so in moderation. The topic, Use Alcohol Wisely on page 29, explains this.
- Keep foods safe to eat. Get a complete list of food safety tips from www.foodsafety.gov. Or, call the Partnership for Food Safety Education at 202.220.0651.

Another guide for healthy eating is the DASH Eating Plan. This is listed on page 25. DASH stands for Dietary Approaches to Stop Hypertension. For more information, including menus and recipes for different DASH Eating Plans, access www.nhlbi.nih.gov. Search for “DASH Eating Plan.” You can also call the NHLBI Health Information Center at 301.592.8573.

The DASH Eating Plan for 2,000 and 1,600 Calories/Day

Food Group	Daily Servings for Calories:		Serving Sizes	Benefits of this Food Group	Examples and Notes
	2,000	1,600			
Grains & grain products.	7 – 8	6	1 slice bread. 1 ounce dry cereal. ½ cup cooked rice, pasta, or cereal.	Major source of energy & fiber.	Whole wheat breads and cereals. Bagels. Low-fat crackers. Unsalted pretzels & popcorn.
Vegetables.	4 – 5	3 – 4	1 cup raw leafy vegetable. ½ cup cooked vegetable. 6 ounces vegetable juice.	Rich sources of potassium, fiber, and magnesium.	Tomatoes. Potatoes. Carrots. Green beans & peas. Squash. Broccoli. Collards. Kale. Spinach. Lima beans.
Fruits.	4 – 5	4	1 medium fruit. ¼ cup dried fruit. ½ cup fresh, frozen, or canned fruit. 6 ounces fruit juice.	Important sources of potassium, fiber, & magnesium.	Apricots. Bananas. Dates. Oranges & grapefruits (and their juices). Melons. Peaches. Pineapples. Prunes. Raisins. Strawberries.
Low-fat or fat-free dairy foods.	2 – 3	2 – 3	8 ounces milk. 1 cup yogurt. 1½ ounces cheese.	Major sources of calcium & protein.	Buttermilk. Fat-free or low-fat milks and yogurts. Low-fat & fat-free cheeses.
Lean meats, poultry, & fish.	2 or less	1 – 2	3 ounces cooked lean meat, skinless poultry, or fish.	Rich sources of protein & magnesium.	Lean meats (trim visible fats). Broil, roast, or boil. Choose fish often.
Nuts, seeds, & dry beans.	4–5 per week	3 per week	⅓ cup or 1½ ounces nuts. 2 Tbsp. or ½ ounce seeds. ½ cup cooked dry beans or peas.	Rich sources of energy, protein, magnesium, fiber, & potassium.	Almonds. Peanuts. Walnuts. Sunflower seeds. Kidney beans. Lentils. Dried peas.
Fats & oils.	2 – 3	2	1 teaspoon vegetable oil or soft margarine. 1 Tbsp. low-fat margarine or mayonnaise. 2 Tbsp. light salad dressing.	DASH has 27% of calories as fat (low in saturated fat). This includes fat in or added to foods.	Soft margarine. Low-fat mayonnaise. Light salad dressing. Vegetable oil (such as olive, corn, canola).
Sweets.	5 per week	0 per week	1 Tbsp. sugar, jelly, or jam. ½ ounce jelly beans. 8 ounces lemonade.	Sweets should be low in fat.	Maple syrup. Sugar. Jelly. Hard candy. Fruit punch. Sorbet.

Control Your Weight



Being overweight increases your risk for high blood pressure, high blood cholesterol, heart disease, stroke, diabetes, certain types of cancer, arthritis, and breathing problems. How do you know if you are overweight? Use the Body Mass Index Chart. A BMI above the healthy range may be fine if you have lots of muscle and little fat. In general, though, if your BMI is above the normal range, you may benefit from weight loss.

Body Mass Index (BMI) Table

	Normal					Overweight					Obese						
BMI	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36+
Height	Body Weight (pounds)					Body Weight (pounds)					Body Weight (pounds)						
4' 10"	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172+
4' 11"	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178+
5' 0"	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184+
5' 1"	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190+
5' 2"	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196+
5' 3"	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203+
5' 4"	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209+
5' 5"	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216+
5' 6"	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223+
5' 7"	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230+
5' 8"	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236+
5' 9"	136	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243+
5' 10"	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250+
5' 11"	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257+
6'	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265+
6' 1"	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272+
6' 2"	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280+
6' 3"	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287+
6' 4"	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295+

- Find your height in the left column under "Height." Move across to find your weight in the row next to your height.
- The number at the top of the column where your height and weight meet is your Body Mass Index (BMI).
- Write your BMI on this line _____.

Source: The National Heart, Lung, and Blood Institute

Check Off Your Weight Group

- Healthy Weight = BMI from 18.5 to 24.9
- Overweight = BMI from 25 to 29.9
- Obese = BMI of 30 or higher

If you are in the overweight or obese group, contact your doctor.

Ways to Control Your Weight

- Get regular physical activity to balance calories from the foods you eat.
- Eat 5 to 9 servings of vegetables and fruits a day. Eat whole-grains with little added fat or sugar.
- Eat at regular times.
- Limit high calorie foods (e.g., cookies, cakes, french fries, fats, oils, and spreads). Don't buy high calorie snack foods. Limit second helpings.



- Control portion sizes. (See box below.)
- Don't drink sweetened beverages. Having just two 12 ounce regular soft drinks a day could add 30 pounds of weight in one year. Drink water instead.
- Eat when you are truly hungry, not as a response to emotions.
- Reduce total calories. Choose low-fat foods.
- When you eat out, avoid all-you-can-eat restaurants. Choose ones with low-fat foods.
- Eat slowly. Take at least 20 minutes to eat.
- Don't follow crash diets. Don't use ones with excessive protein (from foods or supplements) unless supervised by your doctor.
- Only take over-the-counter medicines and weight loss aids with your doctor's okay.

Control Portion Sizes

3 oz. meat = size of a computer mouse



1/2 cup rice, pasta, etc. = size of a tennis ball



1 cup cereal = size of two hands, cupped



1 oz. cheese = size of a domino



1 Tbsp. salad dressing or peanut butter = size of one thumb



Women's Health Checkup Record

Use this page to record test dates and results. Find out *when* to get these tests on pages 4 and 5. Find out *why* you need these tests and *what to expect* on pages 6 to 9 and, also, on pages 42 to 48 of the flip side of this book.

Screening Test	Date of Test & Results	Date of Test & Results
Physical Exam / Checkup		
Blood Pressure Reading		
Weight / Body Mass Index		
HPV Vaccine		
Pap Smear / Pelvic Exam		
HPV Test		
STD Screenings		
Chlamydia / Gonorrhea		
HIV Infection		
Breast Exam by Doctor/Nurse		
Mammogram		
Total Cholesterol		
HDL (good) Cholesterol		
LDL (bad) Cholesterol		
Depression / Mental Health Screening		
Blood Glucose Test		
Triglycerides		
Stool Blood Test		
Colonoscopy		
Bone Density Test		
Dental Checkup		
Vision Exam		

Women's Self-Care Guide

Introduction

If you are like most women, you are very busy. You juggle many tasks. You do not have enough hours in a day to do everything that needs to get done. You may find it hard to take time to exercise, to eat healthy foods, and to get enough sleep. As a result your health can suffer.

Use this self-care guide as a tool to take care of **your** health needs. Use it to help you:

- Find out what health screenings and exams you should get and when to get them.
- Learn when your symptoms need medical care and when you can take care of a problem yourself.
- Learn how important it is to follow healthy habits for eating, physical activity, sleeping, etc.

Make your health a priority. Taking care of your health makes you a better partner, mother, and friend.

Taking care of your health on a day-by-day basis helps prevent chronic health problems like cancer, diabetes, and heart disease. It also helps give you the energy to do all the things you need and want to do.

So, read this self-care guide. Fill in the charts and checklists provided. Take this book with you when you visit your doctor or health care provider. If you don't already have a provider, contact your health plan for a list to choose from. Utilize the health screenings and other benefits provided by your health plan, too.

Note: This book is not meant to substitute for expert medical advice or treatment. The information is given to help you make informed choices about your health. Follow your doctor's or health care provider's advice.

This guide is one of many self-care books and programs offered by the American Institute for Preventive Medicine. The goal of all of these products is to help individuals reduce health care costs and improve the quality of their lives.

For more information, call or write:

30445 Northwestern Hwy. | Ste. 350 | Farmington Hills, MI 48334-3102
248.539.1800 | fax. 248.539.1808 | email. aipm@healthylife.com

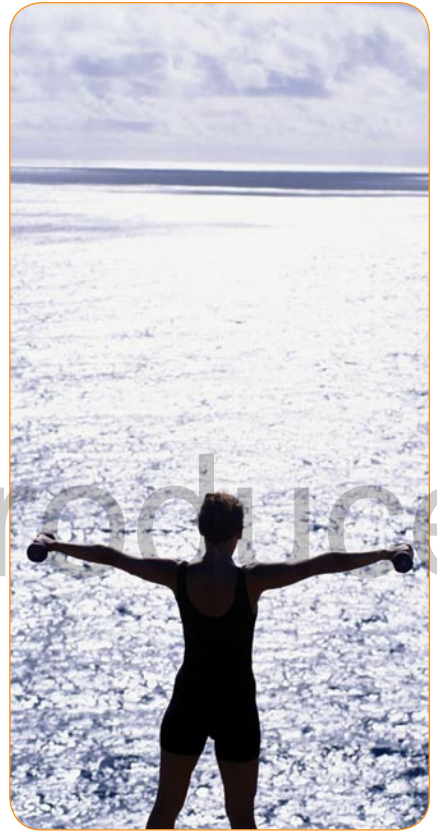
Copyright 2007, 1st edition, American Institute for Preventive Medicine. All rights reserved under International and Pan-American Copyright Conventions. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopy, recording, e-mailing, or otherwise, without written permission of the publisher.

Table of Contents

Women’s Health Checkup Record	1
Women’s Self-Care Guide Introduction.....	2
Table of Contents	3
Health Tests Women Need	4
Specific Tests for Women – What You Need to Know	6

Women’s Health Issues

Your Body	10
Birth Control	11
Breast Lumps & Breast Self-Exam.....	16
Endometriosis	19
Fibroids	21
Menopause	23
Menstrual Bleeding Problems.....	25
Menstrual Cramps	28
Osteoporosis.....	30
Ovarian Cysts.....	33
Pelvic Inflammatory Disease (PID)	35
Plan for a Healthy Pregnancy	37
Premenstrual Syndrome (PMS)	38
Urinary Tract Infections (UTIs)	40
Vaginal Infections	42
Women’s Health Resources	45



Health Tests Women Need

- Screening tests help find problems early when they are easier to treat. Find out about screening tests you need and when to get them on this page and on page 5. See, also:
 - **Health Tests for Women – What You Need to Know** on pages 6 to 9.
 - **Health Tests for Men & Women – What You Need to Know** on pages 42 to 48 of the flip side of this book.
 - Why you need tests, what to expect, and what the test results mean are explained on these pages.
- The guidelines below are ones from the U.S. Preventive Services Task Force. Discuss these tests with your doctor. Ask which ones you need and when you should get them. Ask if you should get extra tests.
- Find out about the screenings that are part of your employee’s health benefit plan.
- Women should also be screened for alcohol misuse and tobacco use.
- Record the tests you have in the **Women’s Health Checkup Record** on page 1 of this book.

Health Tests for Women & When to Have Them

	Ages 18 – 29	Ages 30 – 49	Ages 50+
HPV Vaccine	Advised for girls 11 – 12 years of age. Can be given between age 9 and age 26.		
Chlamydia Screening	All sexually active females under age 25. Sexually active females older than 25 who have more than one sexual partner; have a sex partner who has more than one partner; have had an STD in the past; or who do not use condoms the correct way for every sex act.		
Pap Smear	Starting within 3 years of the onset of sexual activity or age 21 (whichever comes first). Get this test at least every 3 years until age 65. Get it as advised after age 65.		
Breast Exam by Doctor or Nurse	Every 3 years from ages 20 – 40.	Every year from ages 40 – 49.	Every year.
Mammogram		Starting at age 40, every 1 – 2 years.	Every 1 – 2 years.
Bone Density Test			Starting at age 65. (Age 60 for women who weigh less than 154 lbs. or are at increased risk for fractures.)



Routine Tests & When to Have Them

	Ages 18 – 29	Ages 30 – 49	Ages 50+
Physical Exam/ Checkup	Every 5 years.	Every 2 – 4 years.	Every 1 – 2 years.
Weight / Body Mass Index (BMI)	At routine checkups or office visits.		
Blood Pressure Reading	At every office visit or at least every 2 years.		
Cholesterol Blood Test	Sooner than age 45 if you have diabetes, high blood pressure, a family history of heart disease, or you smoke. Otherwise, start getting this test at age 45. Get it every 5 years or as advised by your doctor.		
Depression / Mental Health Screening	Discuss with your doctor.		
Diabetes Screening (Blood Glucose Test)	Get tested if you have high blood pressure or high blood cholesterol or as advised by your doctor.		
HIV Screening	If at risk for HIV, discuss with doctor. All pregnant women should get this test.		
Colorectal Cancer Screening			Discuss with doctor.

Other Routine Tests & When to Have Them

	Ages 18 – 29	Ages 30 – 49	Ages 50+
Dental Checkup	Every 6 – 12 months.		
Vision Exam	Every 5 years.	Every 2 – 4 years.	Every 1 – 2 years.

Specific Tests for Women – What You Need to Know

HPV Vaccine

Why you need this:	Helps prevent cervical cancer and genital warts that lead to it.
What to expect:	A 3-dose series of vaccines (shots): 1 st dose; 2 nd dose given 2 months after the 1 st ; and 3 rd dose given 6 months after the 1 st .

Chlamydia Screening

Why you need this:	Three fourths of females with this STD have no symptoms, so they can pass it on to others without knowing it. When it is not treated, pelvic inflammatory disease can result. This can make a woman unable to get pregnant.
What to expect:	The doctor takes a urine test or uses a swab or brush to take a sample of cells from the infected area, such as the cervix or uterus. The sample is checked for the bacteria that causes chlamydia. It is also checked for gonorrhea at the same time because this STD has symptoms like that of chlamydia.
What the results mean:	If the test is positive, you have an active infection. The doctor will prescribe a course of antibiotics to treat chlamydia (or gonorrhea). Your sex partner(s) should be treated, too.

Breast Exam by Doctor or Nurse

Why you need this:	Screens for signs of breast problems, including cancer.
What to do before the test:	If you still menstruate, it is best to schedule the exam 3 or more days after your menstrual period. Your breasts are usually more swollen and tender the week before your period.
What to expect:	The doctor or nurse carefully feels your breasts and under your arms for lumps or anything else that seems unusual.
What the results mean:	If a lump or other problem is felt, the doctor may prescribe a mammogram or other follow up tests.

Pap Smear

Why you need this:	Checks for early signs of cervical cancer, HPV infection, and other problems, such as swelling from irritation or infection.
What to do before the test:	If you still menstruate, schedule the test for a time you will not be having a menstrual period. Don't douche, tub-bathe, or use vaginal creams for 48 to 72 hours before the test. Avoid sex within 24 hours of the test.
What to expect:	You need to undress below the waist. You lie down on the exam table and put your feet in the stirrups attached to the bottom of the table. A device called a speculum is inserted into the vagina. A long cotton swab is used to take a sample of cells from the cervical area. This does not usually hurt. You may feel a brief pinch. The sample is analyzed for abnormal cells.
What the results mean:	Results come back as: <ul style="list-style-type: none">• <i>Negative (normal).</i>• <i>Unsatisfactory.</i> This means the cells could not be clearly identified or the sample was not adequate. The test needs to be repeated.• <i>Benign.</i> This means there are no cancer cells, but you may have an infection or irritation.• <i>Atypical cells.</i> One kind called ASCUS is suspect for an HPV infection. Your doctor can order a test to check for HPV infection that has a high risk for cervical cancer.• <i>Low-grade changes.</i> This shows infection with HPV. Your doctor can order a test to check for HPV infection that has a high risk for cervical cancer.• <i>High-grade changes.</i> This shows very atypical cells that may lead to cervical cancer.• <i>Squamous cell carcinoma.</i> Cancer is present. Treatment for it is needed.





Mammogram

Why you need this:	Screens for signs of breast problems, including cancer.
What to do before the test:	Schedule the test at an approved testing facility. Find out from the National Cancer Institute at 800.4.CANCER (422.6237) or www.cancer.gov . If you still menstruate, try not to schedule the test during the week before a period. On the day of the test, don't wear lotions, powders, perfumes or deodorant. They can cause shadows on the X-ray pictures. Wear slacks or a skirt with a blouse or top, so you only need to undress from the waist up.
What to expect:	You will need to undress above the waist. You put on a gown that covers your front and back. The test is quick and easy: You stand up in front of the X-ray machine. The person who takes the X-rays places one breast between two plastic plates. The plates press your breast and make it flat. This can feel uncomfortable, but it lasts only seconds. The machine has an automatic release. The same test is done on the other breast. Then side images are taken for both breasts for a total of 4 X-rays.
What the results mean:	<p>A radiologist reads the X-rays and sends the results to your doctor. A report is sent to you within 30 days. A normal result means the radiologist did not find anything that needs follow up. Continue to get screening mammograms. If the result is abnormal, it means the radiologist saw:</p> <ul style="list-style-type: none"> • A change from a past mammogram. • A change that needs follow up. • Your doctor will order follow up tests, as needed, such as an ultrasound or an MRI. If one of these shows a solid mass, your doctor may prescribe a biopsy of the mass. <p>The good news is that about 80% of lumps are not cancerous.</p>

Pelvic Exam

Why you need this:	Checks for problems on the outside of the vaginal area and inside the vagina and cervix.
What to do before the test:	Follow guidelines for Pap smear. (See page 7.)
What to expect:	The doctor does a physical exam of the vaginal area. A Pap smear is usually done with a pelvic exam. The doctor may also insert a gloved and lubricated finger into the rectum. This can feel uncomfortable, but does not usually cause pain.
What the results mean:	If no problems are found, continue to have pelvic exams yearly or as advised by your doctor. If a problem is found, your doctor will prescribe follow-up tests or exams.

Bone Mineral Density Test (BMD)

Why you need this:	Osteoporosis occurs four times more often in women than in men. Get tested as often as advised by your doctor.
What to do before the test:	Dress in clothing that makes it comfortable to lie on a table.
What to expect:	A common and reliable method used is the DEXA-Scan (DXA). With your clothes on, you lie on a table. A low energy X-ray is taken of your hip and/or spine. Portable BMD screening devices are used to scan a heel or fingers. They are not as accurate as a DXA scan, but may be used at workplaces, health fairs, etc. Other ways to measure bone mineral density are CT scans, X-rays, and ultrasounds.
What the results mean:	Normal is a BMD value less than 1 standard deviation below the young adult mean. Osteopenia (low bone mass) is a BMD value between -1 and -2.5 standard deviation below the young adult mean. Osteoporosis is a BMD value at least -2.5 standard deviations below the young adult mean. (See Osteoporosis topic on pages 30 to 31 for Prevention and Treatment measures.)

See, also, *Health Tests for Men and Women – What You Need to Know*, on pages 42 to 48 of the flip side of this book.

Women's Health Issues: Your Body

