

JUNE IS MEN'S HEALTH MONTH

Women are 100% More Likely Than Men to Visit the Doctor for Annual Exams and Preventive Services

1 in 2 Men Are Diagnosed With Cancer in Their Lifetime Compared to 1 in 3 Women

On May 31, 1994 President Clinton signed a bill establishing National Men's Health Week in an effort to promote awareness, disease prevention and education. In recognition of this bill, Congressman Bill Richardson stated the importance of raising awareness for men's health, as it is a family issue – impacting not only men but wives, mothers, daughters and sisters.

In an effort to help spread awareness, this guide has been prepared to educate men and their family members on the importance of primary care physicians and annual checkups.

01 | What is a Primary Care Physician (PCP)?

A primary care physician is a medical provider who offers both the first contact for a person with an undiagnosed health issue as well as one who provides continuing care, and is also referred to as a general practitioner.

02 | The Importance of An Annual Exam

An annual exam, also known as a well-being or preventive health exam is a critical part of maintaining good health. Nearly one-third of Americans are living with a chronic illness but are unaware. Preventive care can help detect chronic illness as well as diagnose serious and sometimes life-threatening diseases in early stages.

03 | What to Expect

During your well-being visit, you can expect your medical provider to perform and ask the following:

- **Vital signs** – blood pressure, heart rate, respiration rate and temperature
- **General appearance** – your skin, nails, teeth, gums and other body structures may be examined

- **Medical history** – you are likely to be asked to complete a medical questionnaire including questions about family medical history, diet, exercise and smoking and drinking habits.
- **Heart and lung exam** – by use of a stethoscope, your doctor will listen to these organs for abnormalities
- **Head and neck exam** – throat, ears, sinuses, lymph nodes, eyes and thyroid will be examined
- **Laboratory tests** – your PCP may order blood and urine samples to be tested for various conditions

04 | Setting Yourself Up For Success

Visiting the doctor can sometimes be an uncomfortable and even embarrassing experience. Remember that your medical provider is trained and experienced to help you discuss sensitive information. Having open and frank discussions, in addition to following your medical provider's treatment plan, you can contribute to your own health and well-being.

To learn more about Men's Health Month, please visit: <http://www.menshealthmonth.org/>

Did You Know?

45% of men don't have a primary care physician

References

<http://www.menshealthmonth.org/wp-content/uploads/2011/04/mhm-flyer-sml.pdf>

<http://www.menshealth.com/health/how-to-find-a-doctor>