put a doctor’s visit at the top of your list

Bottom line: Stay healthy with prevention

Take charge of your health. If you haven’t seen your doctor for a while, make an appointment today. It will keep you feeling good and at your healthiest. According to the Centers for Disease Control and Prevention, the top killer of men in the United States is heart disease, followed by prostate and lung cancer. Your best defense to fighting these diseases is with prevention and adopting healthier lifestyle habits. Here are some key strategies to help you keep on track to good health:

Take action

- **Get screenings:** Screenings can give you an accurate picture of your health by checking on crucial indicators that include total cholesterol, blood pressure, body mass index, and blood sugar. Keeping tabs on these numbers can help you and your doctor spot early signs of health conditions. If you’re sexually active, talk to your doctor if you should be tested for STDs (sexually transmitted diseases).

- **Live a healthy lifestyle:** Eat right with a diet high in fiber and low in saturated fat and cholesterol. Be sure to include fruits, vegetables, whole grains, and low-fat dairy products in your diet. Staying active with regular exercise can help you maintain a healthy weight. If you smoke, quitting will greatly lower your risks of heart disease and lung cancer. Limit alcohol intake to no more than two drinks per day.

- **Keep emotional well-being balanced:** To be truly healthy, you need to take care of your emotional health, not just the health of your body. Someone who is emotionally healthy understands and adapts to change, copes with stress, and has a positive outlook. If you feel overly stressed or depressed, talk to your doctor.

- **Be proactive about safety:** To avoid accidents, take precautions to prevent injuries. When playing sports or riding a motorcycle or bike, wear protective gear, such as a helmet. While working at home or in the yard, select the correct tools and always consider safety.

Check it out

You can find helpful information at blueshieldca.com/hw. Click Men’s Health, then Men’s Health Articles to find information about screening and prevention.

Get informed by going to these websites:

- Blue Shield of California’s Men’s Health section at blueshieldca.com/hw
- Mayo Clinic at www.mayoclinic.com/health/mens-health/MC00013/NSECTIONGROUP=2
- Centers for Disease Control and Prevention at www.cdc.gov/features/healthymen
- Agency for Healthcare Research and Quality at www.ahrq.gov/path/menpath.htm
- U.S. Preventive Services Task Force at www.uspreventiveservicestaskforce.org/uspstf/uspsrca.htm