



NIAGARA COUNTY DEPARTMENT OF HEALTH
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From: Cancer Services Program of Niagara County
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Celebrate Men's Health Week

Screening Tests for Men: What You Need and When

According to the U.S. Department of Health and Human Services there are a variety of ways for men to stay healthy at any age. You should get certain screening tests, take preventative medicine if needed and practice healthy behaviors.

No matter what age, men should:

- Get recommended screening tests
- Be tobacco free
- Be physically active
- Eat a healthy diet
- Stay at a healthy weight
- Take preventative medicines if needed.

Screening tests are used to find diseases early when they are easier to treat. Talk with your doctor about which ones apply to you and when or how often you should be tested.

Here are a few suggestions:

Colorectal Cancer: Men should begin having colorectal cancer screening at the age of 50. If you have a family history of colorectal cancer, you may want to get screened earlier. If you do not have health insurance the Cancer Services Program of Niagara County can help you with your screening. Call them at 278-8254.

Obesity: Have your body mass index (BMI) calculated to screen for obesity. Visit the National Heart, Lung and Blood Institute's website at <http://www.nhlbisupport.com/bmi> to use their BMI calculator.

High Cholesterol: Starting at age 35 your cholesterol should be checked regularly. If you have diabetes, high blood pressure, heart disease in your family, or if you smoke, speak with your doctor if you are under the age of 35 to see if you should be checked.

High Blood Pressure: Your blood pressure should be checked at least every 2 years. High blood pressure is 140/90 or higher.

For more information about recommended screening visit the following website:

<http://www.ahrq.gov/ppip/healthymen.htm>