

What Men Should Know About Staying Healthy

What should I talk about with my doctor?

Talk to your doctor about your diet, exercise, and risk factors for diseases and cancer. You can talk about ways to keep yourself healthy, and make sure you are up to date on vaccinations and screening tests. Keep your doctor updated on your family and personal health history.

What can I do to have a healthy diet?

- Enjoy your food, but eat less.
- Avoid large portions.
- Fill about half of your plate with fruit and vegetables.
- Drink skim or low-fat (1 percent) milk.
- Compare the amounts of sodium in foods like soup, bread, and frozen meals. Choose foods with lower amounts.
- Drink water instead of sugary drinks.

How much exercise should I get?

Adults need at least 150 minutes (two hours and 30 minutes) of exercise each week. It's fine to break it up into intervals as short as 10 minutes. Any type of activity counts, as long as it gets your heart rate up.

How much alcohol can I drink?

If you choose to drink alcohol, drink in moderation. This means no more than two drinks per day or 14 drinks per week. A drink is defined as 12 oz of beer, 5 oz of wine, or 1.5 oz (one shot) of liquor.

What tests do I need?

You can create a customized list of recommended tests based on your age and other risk factors at Healthfinder.gov (<http://healthfinder.gov/prevention/myHealthfinder.aspx>).

Where can I get more information?

American Heart Association

Web site: http://www.heart.org/HEARTORG/Conditions/HeartAttack/HeartAttackToolsResources/Heart-Attack-Risk-Assessment_UCM_303944_Article.jsp

Centers for Disease Control and Prevention

Web site: <http://www.cdc.gov/alcohol/faqs.htm>

U.S. Department of Health and Human Services

Web sites: <http://www.hhs.gov/safety/> and <http://www.health.gov/paguidelines/adultguide/activeguide.aspx>

U.S. Department of Agriculture

Web site: <http://www.dietaryguidelines.gov>

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This handout is provided to you by your family doctor and the American Academy of Family Physicians. Other health-related information is available from the AAFP online at <http://familydoctor.org>.

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