

Men's Health

CHECKLIST

KNOW YOUR #S

- ☐ Blood pressure
- ☐ Weight
- ☐ A1C / blood sugar
- ☐ Cholesterol
- ☐ Waist size

CHECK YOUR HEAD

- ☐ Are you irritable?
- ☐ Are you withdrawn?
- ☐ Do you avoid things?
- ☐ Have you lost interest in things?
- ☐ Do you ask for help?

SUBSTANCES

- ☐ Has your drinking increased?
- ☐ Do you use substances for stress?
- ☐ Are you using to escape?
- ☐ Do you have control?

TESTOSTERONE LEVELS

- ☐ Notice changes in strength, mood or libido
- ☐ Talk to your doctor, don't be shy
- ☐ Understand men have estrogen / estradiol
- ☐ Don't start hormones or supplements without the facts

SLEEP HABITS

- ☐ Do you get enough sleep?
- ☐ Do you wake up exhausted?
- ☐ Do you snore or stop breathing?
- ☐ Don't treat sleep deprivation as part of your job / badge of honor.

WORKOUTS

- ☐ Strength training regimen
- ☐ Cardiovascular exercise daily
- ☐ Mobility / flexibility routine
- ☐ Maintain muscle mass
- ☐ Get outside!

PREVENTION AND EXAMS

- | | | |
|---|--|--|
| ☐ Cancer screenings | ☐ EKG/Heart Evaluated | ☐ Talk to your doctor |
| ☐ Prostate discussions | ☐ Vision / eye exams | ☐ Talk to someone you trust |
| ☐ Vaccinations updated | ☐ Skin checks | ☐ Share this with someone |
| ☐ Review medicines regularly | ☐ Dental/throat Care | |