

HEALTH SCREENINGS EVERY LATINO MAN SHOULD KNOW

Many men may have been taught how to fix a flat tire, a leaky faucet or even how to patch a hole in the wall, but do you know what you need to do to stay healthy? Did you know Latino men are at higher risk for certain health issues? If you're a Latino man and want to stay healthy, here are a few numbers and screenings to help keep your health in check.



SEE YOUR DOCTOR

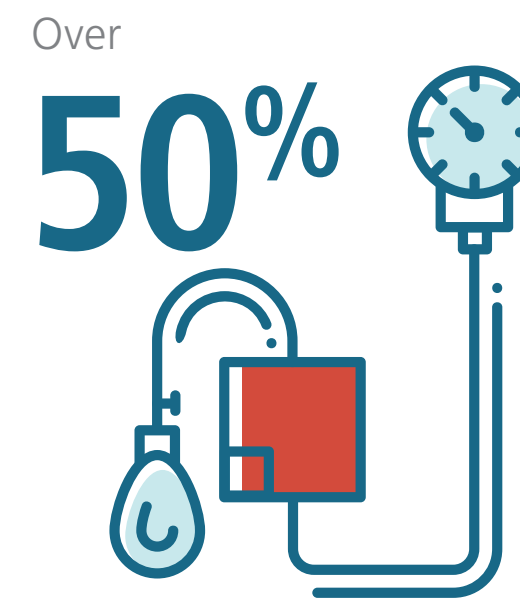
Routine checkups can help identify a number of conditions that can impact a man's health, including prostate cancer.

CHECKUPS & SCREENINGS	WHY?	WHEN?
<input type="checkbox"/> Physical Exam	Preventative care for total health	Annually
<input type="checkbox"/> Testicular Exam	Screens for testicular cancer	Annually, during physical exams or right away if you find lumps during self-exams.
<input type="checkbox"/> Blood Pressure	Screens for hypertension (high blood pressure)	Annually or as directed by your doctor.
<input type="checkbox"/> Cholesterol	High cholesterol can lead to heart disease	Every 5 years or as directed by your doctor.
<input type="checkbox"/> Prostate-Specific Antigen (PSA) Test	Screens for prostate cancer	Consider talking to your doctor about whether prostate cancer screening is right for you as early as age 55 for men who are at average risk and as early as age 40-45 for men who are at higher risk, such as men who have a relative (father, brother, uncle, son) with prostate cancer.
<input type="checkbox"/> A1C Test	Screens for high blood sugar levels	If you have a family history of diabetes, are overweight or have personal concerns, talk to your doctor about screening for this condition.

NUMBERS TO KNOW

120/80
mm Hg

is normal blood pressure range, so talk to your doctor about your goals.



of U.S. Latino men have high blood pressure (hypertension).

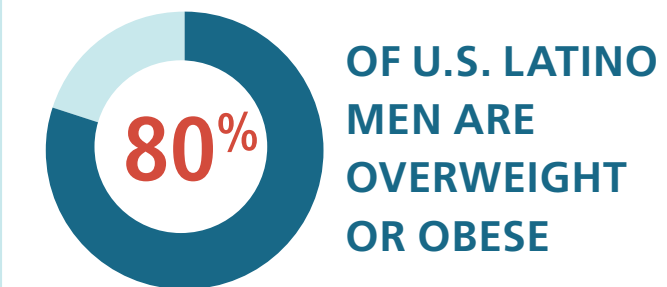
PREFERRED
CHOLESTEROL RANGE
↓ **200** mg/dL

with low-density lipoprotein
↓ **100** mg/dL

and triglycerides
↓ **150** mg/dL

Normal BMI for Latino men is

18.5-24.9



7 to 9



is the recommended hours of sleep for adults. Poor sleep habits may bring a higher risk for chronic disease. Consult with your doctor if you are having issues getting restful sleep.

30
MILLION

men have **Erectile Dysfunction (ED)** in the United States.

ED may be influenced by smoking, obesity, diabetes and inactive life style.

Normal Below 5.7%
Prediabetes 5.7% to 6.4%
Diabetes 6.5% or above

A1C results can help screen for diabetes.

TOP THREE CANCERS FOR MEN

1. PROSTATE
2. LUNG
3. COLORECTAL

Latino men with a family history are at a higher risk for developing prostate cancer.

Did you know about

15,000

U.S. Latino men will be told they have prostate cancer in a year?

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