**HEALTH SCREENINGS EVERY AFRICAN AMERICAN MAN SHOULD KNOW**

Men, you 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 African American men are at higher risk for many health issues? If you’re an African American man and want to stay healthy, here are a few numbers and screenings to help keep your health in check.

### CHECKUPS & SCREENINGS

<table>
<thead>
<tr>
<th>CHECKUPS &amp; SCREENINGS</th>
<th>WHY?</th>
<th>WHEN?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Exam</td>
<td>Preventative care for total health</td>
<td>Annually</td>
</tr>
<tr>
<td>Testicular Exam</td>
<td>Screens for testicular cancer</td>
<td>Annually, during physical exams or right away if you find lumps during self-exams.</td>
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<tr>
<td>Blood Pressure</td>
<td>Screens for hypertension (high blood pressure)</td>
<td>Annually or as directed by your doctor.</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>If high, can lead to heart disease</td>
<td>Every 5 years or as directed by your doctor.</td>
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<tr>
<td>Prostate-Specific Antigen (PSA) Test</td>
<td>Screens for prostate cancer</td>
<td>African American men and men with a family history are at a higher risk for developing prostate cancer. Consider talking to your doctor at age 45 about whether prostate cancer screening is right for you.</td>
</tr>
<tr>
<td>A1C Test</td>
<td>Screens for high blood sugar levels</td>
<td>If you have a family history of diabetes, are overweight or have personal concerns, talk to your doctor about screening for this condition.</td>
</tr>
</tbody>
</table>

### WHY?

- Prevention
- Early detection

### WHEN?

- Annually
- Every 5 years
- As directed by your doctor

### NUMBERS TO KNOW

- **120/80 mm Hg** is normal blood pressure range, so talk to your doctor about your goals.
- **200 mg/dL** Preferred cholesterol range is less than
- **Nearly 45%** of African American men have high blood pressure (hypertension).
- **18.5-24.9** For example, someone 6 feet can weigh up to 183 pounds and be considered at a healthy weight.
- **30 MILLION** men have Erectile Dysfunction (ED) in the United States.
- **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.
- **38%** OF AFRICAN AMERICAN MEN ARE OBSE
- **A1C results can help screen for diabetes.**

### TOP THREE CANCERS FOR MEN

1. PROSTATE
2. LUNG
3. COLORECTAL

African American men and men with a family history are at a higher risk for developing prostate cancer.

### MORE TIMES

- Funding and support provided by
- Every man is unique, so talk with your doctor about the numbers and screenings right for you.
- For more information, visit: UrologyHealth.org

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