

Annual Exams for Men

Ages 18 to 39

LET'S FACE IT. YOU PROBABLY DON'T GO TO THE DOCTOR OFTEN ENOUGH. YOU MIGHT EVEN THINK IT'S EASIER TO "RUB SOME DIRT ON IT", IGNORE THE SYMPTOMS, AND EVEN SKIP YOUR ANNUAL CHECKUP.

We know you care about long term health and living a long, healthy life, so visiting your doctor should be more than a "once in a few years" ordeal.

Even though they're easy to skip, seeing your doctor for an annual checkup is vital for the sake of your health. These yearly appointments can make all the difference when it comes to living a long life.

To help make the decision to take care of your health easier for you, we've compiled a list of important exams and screenings you should receive if you're between the ages of 18 and 39.

Don't put off taking care of your health. You'll thank yourself later for scheduling your annual appointments!

BLOOD PRESSURE SCREENING

- You should have your blood pressure checked at least once every year as long as it is normal.
- During an annual checkup, your care providers will test your blood pressure.
- If you have diabetes, heart disease, kidney problems, or other health conditions, having your blood pressure checked more often may be necessary.

CHOLESTEROL SCREENING AND HEART DISEASE PREVENTION

- Men between the ages of 20 and 35 are recommended to begin cholesterol screening.
- If you have normal cholesterol level until age 35 and are low risk you do not need to have this test repeated for another 5 years.
- Repeating testing may be needed sooner if changes occur in your lifestyle, such as weight gain.
- If you have diabetes, heart disease, kidney problems, or other health conditions, having your cholesterol checked more often may be necessary.

INFECTIOUS DISEASES SCREENINGS

- Depending on the nature of your lifestyle and medical history, undergoing screenings for infections such as syphilis, chlamydia, HIV, and other diseases may be necessary.



DIABETES SCREENING

- Diabetes screenings are necessary, especially if you have been displaying symptoms such as:
 - Increased thirst
 - Frequent urination
 - Constant hunger
 - Fatigue
- If your blood pressure is higher than normal, your provider may also test your blood sugar levels for diabetes.
- If you have a body mass index greater than 25 and have other risk factors for diabetes, being screened is recommended.
- If you have other risk factors for diabetes, such as a family history of diabetes or heart disease, your healthcare provider will also likely screen you for diabetes.

IMMUNIZATIONS

- After age 19, you should have a tetanus-diphtheria and acellular pertussis vaccine once as part of your tetanus-diphtheria vaccines if you did not receive one after age 11.
- You should also have a tetanus-diphtheria or Tdap booster every 10 years.
- Getting a flu shot every year is recommended.
- If you haven't had the human papilloma virus (HPV) vaccine series, talk with your provider about getting it.
- Additionally, it may be necessary for you to get 2 doses of varicella vaccine if you never had chickenpox or the varicella vaccine.
- Your care provider might recommend other immunizations if you have certain health conditions.

PHYSICAL EXAM

- As part of your annual exam, your care provider will perform a physical exam
- In addition to checking your blood pressure, your care provider will also measure your height, weight, and body mass index
- Your care provider may also ask you about the following aspects of your lifestyle:
 - Diet and exercise
 - Alcohol and tobacco use
 - Depression and anxiety

Don't forget to schedule your annual check up! Visiting your care provider can help prevent and detect health concerns early. An ounce of prevention is worth a pound of cure, so don't delay seeking care. Schedule an appointment at Yankton Medical Clinic or Vermillion Medical Clinic today!

For more information, or to set up an appointment for your annual physical examination, please call:
Yankton Medical Clinic at 605-665-7841
or Vermillion Medical Clinic at
605-624-8643.