



## Health Tips for Men in their 40s and 50s

In your 40s and 50s, you'll want to maintain good habits if you've adopted them already—and start them today if you haven't. We can always improve our overall health and wellbeing, and even reverse the effects of bad habits from the past.

### 1. Keep Stress Under Control

Stressors can be prominent in your 40s and 50s—family, professional, and financial. It's important to both identify and control them, especially since consistent stress is a risk factor for heart disease. Find some relaxation techniques, like meditation or deep breathing, that you can easily fit into your schedule.

### 2. Get Enough Sleep

Most adults need 7 to 8 hours of quality sleep every night. Sleep patterns change as we get older because the brain starts to produce less and less melatonin, a hormone that regulates sleep. Getting adequate sleep can provide health benefits, including fewer illnesses, the ability to maintain a healthy weight, and a lower risk of high blood pressure and diabetes.

### 3. Do Not Smoke

Not smoking, or quitting if you do, is the single most effective step you can take to reduce your risk of future illness. Smoking causes lung and other cancers, and increases your risk of heart disease and stroke.

### 4. Maintain A Healthy Weight

Once you enter your 40s, your metabolism starts to slow down, so maintaining weight or losing weight will be more difficult. Exercise regularly (try to move for at least 30 minutes every day), make healthy food choices and watch portion sizes, eat 2 servings of fruit and 5 servings of veggies every day, and increase your water intake.

### 5. Get Important Screenings

By now, you should have a primary care physician (PCP) who has established your baselines for weight, blood pressure, cholesterol levels, and thyroid—and checks them annually.

- **Prostate health**—as part of your regular annual exam, your physician will check your prostate health with both a digital rectal exam, and a blood test for prostate-specific antigen (PSA).
- **Testicular self-exams** should be given monthly. If something feels concerning, call your primary care physician.
- **Sexually transmitted infection (STI)** tests and HIV testing are key for those with new or multiple partners.
- **Mole exam**—this can be done monthly as a self-exam and also as part of your routine checkups with your PCP or dermatologist.

If you don't have a primary care physician, [find a doctor here](#), or call 1-888-996-9644.

## Top Health Concerns For Men Over 40

### Weight Or Weight Gain

As metabolism starts to slow down in your 40s, maintaining a healthy weight can be more difficult. Some habits may need to be adjusted, like your diet or exercise routine, so ask your doctor for recommendations. Another option is to join a weight management program like the Healthy Weight for Wellness Program offered by our Integrative Wellness Center.

### Heart Disease

Heart disease is the number one killer of men ages 45 – 54. Ensure that you are seeing your doctor regularly. He or she will monitor your blood pressure and cholesterol. If you're a smoker, quit now, and be sure that you are drinking alcohol in moderation.

### Sexual Function

Men experience a decline in testosterone levels, most commonly in their early 50s, called andropause. This decline in hormones can lead to physical effects, such as lack of energy, lower sex drive, and erections that are less strong. Erectile dysfunction (ED) risk also increases as men age. There are many effective treatments that can include lifestyle changes and medication.

### Other Exams

- **Colonoscopy**—Age 50 is when the American Cancer Society recommends both women and men to start getting colonoscopies. During a colonoscopy, precancerous polyps can be found and removed, preventing colon cancer. If your results are normal, you may not need to be screened again for 10 years.
- **Eye and ear health**—schedule both a comprehensive eye exam and a hearing test every 10 years
- **Oral health**—dental exams and cleanings should be done every 6 months

### Immunizations

- Influenza Vaccine—Yearly
- Tetanus/Diphtheria/Pertussis Booster Vaccine (Tdap)—Every 10 Years

