

Men's Health

July



ST ARMANDS KEY LUTHERAN CHURCH

POTTY POST

Most men are good at having the oil changed and maintaining the house but when it comes to their own health, they often fall short. These are the recommendations for maintaining your health if you are over 50. Screenings may need to be done more frequently in certain cases.

1. Physical Exam including Blood Pressure Screening and EKG—yearly.
2. Vision screening yearly with retinal exam as needed.
3. Labs and Urinalysis—yearly.
4. PSA, Rectal Exam and Hemoccult to check for signs of blood in the stool—yearly.
5. Colonoscopy—every 10 years unless you have a history of abnormalities then more frequently.
6. Tetanus Booster—every 10 years.
7. TB Skin test—once then with exposure or symptoms.
8. Testosterone Screening—as needed for fatigue, depression or erectile dysfunction.
9. Bone Mineral Density Test—as recommended by your health care provider.
10. Monthly Self Screening for skin, oral, breast and testicular cancer.

Exercise Classes

Get Fit - Tuesday & Thursday
8:45-9:30am

Theraband - Tuesdays & Thursdays
9:30-10:30 am

Basic Pilates - Tuesday 3pm



Any health concerns or questions? Call Tracey Rzepka, Parish Nurse at 388-3764

Do you know someone in the hospital or are you planning to have surgery or hospitalization?