Put Prevention Into Practice (PPIP) program of the Agency for Healthcare Research and Quality is designed to increase the appropriate use of clinical preventive services, such as screening tests, chemoprevention and immunizations, and counseling. The PPIP program is based on the recommendations of the U.S. Preventive Services Task Force. PPIP tools and resources enable doctors and other health care providers to determine which preventive services their patients should receive and make it easier for patients to understand and keep track of their preventive care.

Screening tests, such as colorectal cancer tests, can find diseases early when they are easier to treat. Some men need certain screening tests earlier, or more often, than others. Talk to your doctor about which of the tests listed below are right for you, when you should have them, and how often. The Task Force has made the following recommendations, based on scientific evidence, about which screening tests you should have.

**Cholesterol Checks:** Have your cholesterol checked at least every 5 years, starting at age 35. If you smoke, have diabetes, or if heart disease runs in your family, start having your cholesterol checked at age 20.

**Blood Pressure:** Have your blood pressure checked at least every 2 years.

**Colorectal Cancer Tests:** Begin regular screening for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. How often you need to be tested will depend on which test you have.

- **Diabetes Tests:** Have a test to screen for diabetes if you have high blood pressure or high cholesterol.
- **Depression:** If you’ve felt “down,” sad, or hopeless, or felt little interest or pleasure in doing things for 2 weeks straight, talk to your doctor about whether he or she can screen you for depression.
- **Sexually Transmitted Diseases:** Talk to your doctor to see whether you should be screened for sexually transmitted diseases, such as HIV.
- **Prostate Cancer Screening:** Talk to your doctor about the possible benefits and harms of prostate cancer screening if you are considering having a prostate-specific antigen (PSA) test or digital rectal examination (DRE).
Stay at a Healthy Weight. Balance the number of calories you eat with the number you burn off by your activities. Remember to watch portion sizes. Talk to your doctor if you have questions about what or how much to eat.

Drink Alcohol Only in Moderation. If you drink alcohol, have no more than 2 drinks a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

For more information on staying healthy, order the following free publications in the Put Prevention Into Practice (PPIP) program from the Agency for Healthcare Research and Quality (call the AHRQ Publications Clearinghouse at 1-800-358-9295), or find them on the AHRQ Web site at http://www.ahrq.gov/clinic/ppipix.htm.

More copies of this fact sheet, Men: Stay Healthy at Any Age - Checklist for Your Next Checkup (in English and Spanish), Publication No. APPPII 03-0011, February 2004.

The Pocket Guide to Good Health for Adults (in English and Spanish), Publication No. APPPII 03-0001, May 2003.

The Pocket Guide to Staying Healthy at 50+ (in English and Spanish), Publication No. AHRQ 04-IP001, November 2003.

What Else Can You Do To Stay Healthy?

Don’t Smoke. But if you do smoke, talk to your doctor about quitting. You can take medicine and get counseling to help you quit. Make a plan and set a quit date. Tell your family, friends, and co-workers you are quitting. Ask for their support.

Eat a Healthy Diet. Eat a variety of foods, including fruit, vegetables, animal or vegetable protein such as meat, fish, chicken, and eggs, or beans, lentils, tofu, tempeh and grains, such as rice. Limit the amount of saturated fat you eat.

Be Physically Active. Walk, ride a bike, rake leaves, or do any other physical activity you enjoy. Start small and work up to a total of 20-30 minutes most days of the week.

Should You Take Medicines to Prevent Disease?

Aspirin: Talk to your doctor about taking aspirin to prevent heart disease if you are older than 40, or if you are younger than 40 and have high blood pressure, high cholesterol, diabetes, or if you smoke.

Immunizations: Stay up-to-date with your immunizations:
- Have a flu shot every year starting at age 50.
- Have a tetanus-diphtheria shot every 10 years.
- Have a pneumonia shot once at age 65 (you may need it earlier if you have certain health problems, such as lung disease).
- Talk to your doctor to see whether you need hepatitis B shots.

Screening Test Checklist

Take this checklist with you to your doctor’s office and fill it out when you have had any of the tests listed below. Talk to your doctor about when you should have these tests next, and note the month and year in the right-hand column.

Also, talk to your doctor about which of the other tests listed below you should have in the future, and when you need them.

<table>
<thead>
<tr>
<th>Screening Test</th>
<th>Last Time Had</th>
<th>Next Test Scheduled</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cholesterol</td>
<td></td>
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<td>Blood pressure</td>
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<tr>
<td>Colorectal cancer</td>
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<td>Sexually transmitted diseases</td>
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<td>Prostate cancer</td>
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