

## Men Ages 65+

### Leading Causes of Death

1. Cardiovascular diseases
2. COPD (includes emphysema)
3. Pneumonia and influenza
4. Lung cancer
5. Prostate cancer

### Prevention Strategies:

#### Lifestyle Factors

- Never use tobacco
- Eat a low-cholesterol diet, with lots of fruit, vegetables, and grains
- Exercise at least 30 minutes daily
- Limit alcohol to two drinks per day
- Do not drink and drive

#### Medical Factors

- Physical Exam every year
- Annual prostate exam and PSA
- Cholesterol testing every 3-5 years
- Colon cancer screening
- Take a daily aspirin (81mg)
- Take a multivitamin without iron
- Influenza (flu) shot each year
- Pneumonia and Tetanus vaccines every 10 years

## Your Personal Plan

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Gary Curran, MD  
220 Ridgefield Court  
Asheville, NC 28806

Phone: 828-670-7077  
Fax: 828-670-7035  
[www.PisgahFamilyHealth.com](http://www.PisgahFamilyHealth.com)

## Pisgah Family Health

*Men's Health and Wellness*



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## Men Ages 15-24

### Leading Causes of Death

1. Motor vehicle accidents
2. Homicide
3. Suicide
4. Other accidents
5. Cancer

### Prevention Strategies:

#### Lifestyle Factors

- Never use tobacco
- Avoid fast foods and overeating
- Eat a diet low in cholesterol, with lots of fruit, vegetables, and grains
- Avoid drug use & underage drinking
- Do not drink and drive
- Wear safety belts while driving
- Exercise at least 30 minutes daily
- Practice safe sex

#### Medical Factors

- Physical Exam every 3 years
- Screening for sexually transmitted infections
- Screening for testicular cancer
- Take a multivitamin without iron
- Tetanus booster every 10 years

## Men Ages 25-49

### Leading Causes of Death

1. Cardiovascular diseases
2. HIV/AIDS
3. Motor vehicle accidents
4. Suicide
5. Cancer (lung, lymphoma, colon)

### Prevention Strategies:

#### Lifestyle Factors

- Never use tobacco
- Avoid fast foods and overeating
- Eat a diet low in cholesterol, with lots of fruit, vegetables, and grains
- Exercise at least 30 minutes daily
- Limit alcohol to two drinks per day
- Do not drink and drive
- Wear safety belts while driving
- Practice safe sex

#### Medical Factors

- Physical Exam every 1-2 years
- Cholesterol testing every 5 years
- Consider a daily aspirin (81 mg) if you have cardiac risk factors
- Take a multivitamin without iron
- Tetanus booster every 10 years

## Men Ages 50-64

### Leading Causes of Death

1. Cardiovascular diseases
2. Cancer (lung, colon, lymphoma)
3. Accidents
4. Cirrhosis and liver disease
5. Diabetes

### Prevention Strategies:

#### Lifestyle Factors

- Never use tobacco
- Avoid fast foods and overeating
- Eat a diet low in cholesterol, with lots of fruit, vegetables, and grains
- Exercise at least 30 minutes daily
- Limit alcohol to two drinks per day
- Do not drink and drive
- Wear safety belts while driving

#### Medical Factors

- Physical Exam every year
- Cholesterol testing every 3-5 years
- Colon cancer screening
- Prostate exam and PSA
- Take a daily aspirin (81 mg) if you have cardiac risk factors
- Take a multivitamin without iron
- Tetanus booster every 10 years