

# MEN'S MAINTENANCE GUIDE



DONT  
CHANGE  
MUCH.CA

# HEY GUYS,

## **The Men's Maintenance Guide**

provides you with a straightforward, easy to understand health-maintenance checklist. Whether you are 22 or 58 years of age, this guide is your manual for keeping your body humming and tuned up. Find your age category and tick those boxes in the provided checklist.

## **The Canadian Men's Health Foundation**

is a national not-for-profit committed to inspiring and motivating Canadian men and their families to lead healthier lives.





# GUYS AGED 20 – 39

## What to check and when:

*For descriptions please refer to the glossary at the back >*

### Keep the ticker ticking

Check my blood pressure every year to make sure.

### Skin self exam

SPF 30 guys if you are out in the sun.

### Nod to the noggin

Keep my mental health in check by talking to family, friends, and health care professionals.

### Gettin' busy with it

If I'm getting busy, I need to check for STIs regularly.

### Family jewels

Check my junk for lumps.

- Blood pressure **Yearly**
- Blood test & urinalysis **3 – 5 years**
- Dental health **Yearly**
- Eye health **5 years**
- Flu shot **Yearly**
- HPV vaccine **Ask Doctor**
- Mental health **As appropriate**
- Mumps, Measles, Rubella vaccine booster **Once – ask doctor**
- Periodic health exam **3 – 5 years**
- Sexual health **As appropriate**
- STI's **As appropriate**
- Skin self-exam **Yearly**
- Testicle self exam **Every 6 months**
- Tetanus & Diphtheria vaccine booster **10 years**
- Whooping Cough vaccine booster **Once – ask doctor**



# GUYS AGED 40-54

## What to check and when:

*For descriptions please refer to the glossary at the back >*

### Eye on the ball

Or is that a small dog? It's time to get my eyes checked.

### Fight the flu

Get the shot each year and save myself the pain of being down and out for weeks.

### Yes, it needs to get checked

Everyone does it, so get into the doctors and get my prostate checked.

### Nod to the noggin

Keep my mental health in check by talking to family, friends, and health care professionals.

### Keep the ticker ticking

Check my blood pressure every year to make sure.

### Keep my T up

T is for testosterone and testosterone is for muscles plus much more. Ask my doc about this one.

- Blood pressure **Yearly**
- Blood test & urinalysis **3 years**
- Colon health **Ask Doctor**
- Dental health **Yearly**
- Eye health **3 years**
- Flu shot **Yearly**
- Mental health **As appropriate**
- Mumps, Measles, Rubella vaccine booster **Once – ask doctor**
- Periodic health exam **3 – 5 years**
- Prostate health **4 years**
- Sexual health **As appropriate**
- STI's **As appropriate**
- Skin self-exam **Yearly**
- Testicle self exam **Yearly**
- Tetanus & Diphtheria vaccine booster **10 years**
- Testosterone **Ask Doctor**
- Whooping Cough vaccine booster **Once – ask doctor**



# GUYS AGED 55+

## What to check and when:

*For descriptions please refer to the glossary at the back >*

### Eye on the ball

Or is that a small dog? It's time to get my eyes checked.

### Fight the flu

Get the shot each year and save myself the pain of being down and out for weeks.

### Yes, it needs to get checked

Everyone does it, so get into the doctors and get my prostate checked.

### Keep the ticker ticking

Check my blood pressure every year to make sure.

### Bone density

Strong bones means a strong foundation. Talk to doc about bone mineral density.

### Really, more butt stuff?

Colon health screening is so important. Have this chat with your doc.

- Abdominal ultrasound **Once at age 65**
- Blood pressure **Yearly**
- Blood test and urinalysis **2 years**
- Bone health **Ask doctor**
- Colon health **Ask doctor**
- Dental health **Yearly**
- Eye health **2 years**
- Flu shot **Yearly**
- Mental health **As appropriate**
- Mumps, Measles, Rubella vaccine booster **Once – ask doctor**
- Periodic health exam **2 years**
- Prostate health **4 years**
- Pneumovax vaccine **Once at age 65**
- Sexual health **As appropriate**
- Shingles vaccine **Once**
- STI's **As appropriate**
- Skin self-exam **Yearly**
- Testicle self-exam **Yearly**
- Tetanus & Diphtheria vaccine booster **10 years**
- Testosterone **Ask doctor**
- Whooping Cough vaccine booster **Once – ask doctor**



# OIL CHECKED NOW TUNE YOUR ENGINE!

Easy health tips to keep your mind and body running smoothly.



## CHOW DOWN

Go for healthier alternatives: nuts instead of potato chips, whole-grain bread instead of white bread, a side salad instead of french fries. [Read more](#)



## MOVE THAT BODY

Exercise can perk you up BIG TIME! Walking briskly for 30 minutes makes your body release mood-lifting hormones, while also combating negative thoughts and feelings. [Read more](#)



## YOU SNOOZE, YOU WIN

Get between 7 and 9 hours of sleep a night and so many everyday things get better: your mental sharpness, memory, mood and self-control. [Read more](#)



## KICK BUTTS

We all know it's bad...blah, blah, blah. But did you know that quitting smoking significantly lowers your risk of erectile dysfunction and low testosterone? Yep, it's time to quit smoking. [Read more](#)



## LIVE IT UP WITH LESS BOOZE

You don't have to give up beer, wine or your favourite cocktail to stay healthy. You just need to keep it to 15 drinks a week and no more than 3 a day, with at least two booze-free days each week. [Read more](#)

See what you've been missing. Read more simple tips at

[DONTCHANGEMUCH.ca](http://DONTCHANGEMUCH.ca)



# GLOSSARY

## **Abdominal Ultrasound:**

One-time only at age 65. Check for abnormalities which may be more common in men with a history of vascular disease or testosterone deficiency. Frequency based on risk factors – discuss with doctor.

## **Blood Pressure:**

High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.

## **Blood Test & Urinalysis:**

Screens for various illnesses and diseases such as cholesterol, blood sugar, kidney or thyroid dysfunction before symptoms occur.

## **Bone Health:**

Bone mineral density test. Testing is best done under the supervision of your physician.

## **Colon Health: FIT/FOBT\*:**

(\*as per your doctor's recommendation/ provincial guidelines). Screens for microscopic amounts of blood that can be the first indication of polyps or colon cancer.

## **Dental Health:**

Regular cleanings and screenings for issues such as cavities and signs of cancerous lesions in the mouth.

## **Eye Health:**

Regular eye exams keep track of eye health and prevent issues from developing.

## **HPV Vaccine:**

May be administered to men aged 27 and under – discuss with doctor.

## **Mental Health:**

Check for signs of depression. Discuss with family, friends and a healthcare professional.

## **Mumps, Measles, Rubella (MMR) Vaccine Booster:**

Is recommended for adults born in 1970 or later who do not have a history of mumps disease – discuss with doctor.

## **Periodic Health Exam:**

Review overall health status, perform a thorough physical exam and discuss health related topics.

## **Prostate Health:**

Digital Rectal Examination, PSA and testosterone blood test: Prostate Specific Antigen is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be interpreted by a specialist. Men with risk factors (obesity, family history, high fat diet, elevated PSA in his 40's) should be examined every 1 to 2 years and others less frequently

## **Pneumovax Vaccine:**

Once at age 65. Discuss with doctor.

## **Sexual Health:**

Diminished or loss of erections or libido, or abnormalities of the genitals, should be reported to your doctor as they may be due to underlying illnesses such as diabetes, atherosclerosis, depression, prostate illness and smoking.

## **Sexually Transmitted Infections (STI's):**

Sexually active adults who consider themselves at risk for STI's should be screened for syphilis, Chlamydia, HPV, etc.

## **Shingles Vaccine:**

Individuals over 50 years of age should be offered the vaccine. Discuss with your doctor.

## **Skin Self Exam:**

To look for signs of changing moles, freckles, or early skin cancer.

## **Testicle Self Exam:**

To find lumps in their earliest stages.

## **Testosterone:**

Symptoms include low sex drive, erectile dysfunction, fatigue and depression. All it takes is a simple blood test.

## **Tetanus & Diphtheria Vaccine Booster:**

Diphtheria spreads from person to person from coughing or sneezing. Tetanus-causing bacteria enter the body through cuts, scratches, or wounds. Tetanus (Lockjaw) causes painful muscle tightening and stiffness, usually all over the body.

## **Whooping Cough (Pertussis) Vaccine Booster:**

Individuals should be immunized against Pertussis at least once as adults.

# MEN'S MAINTENANCE GUIDE

This guy's Guide provides you with a straight forward health-maintenance schedule. Consult your doctor or healthcare provider if you have any questions.

**AND** Visit [DONTCHANGEMUCH.ca](https://dontchangemuch.ca) to learn about small changes you can make to improve your health.

**AND** Take your confidential all-in-one men's health assessment.

**YOUCHECK**  
The helpful health tool for men.

## Do you like this Guide?

As a national charity we rely on donations to provide our services to Canadians. Every contribution helps.

[menshealthfoundation.ca/donate](https://menshealthfoundation.ca/donate)

