



**The
Manhood
Tree**

Men's Health Initiative

Take control of your health

Get Checked!

Use this checklist and talk to your doctor about the screenings and exams that are right for you.

Mental Health Exam:

- Set up an intake with a therapist and tell him/her you would like to do a mental health screening.
- Attend a group - (The Manhood Tree group) or another group of your liking.

Check yourself for:

- High Blood Pressure
- High Cholesterol
- Diabetes Symptoms

Remember:

- Drink 8 glasses of water per day.
- Eat a piece of fruit daily.
- Workout 3x per week.

Wellness Exams:

- Establish a relationship with your primary care physician between the ages of 18 - 21.
- Get a physical every 1-3 years until age 50 or more frequently if doctor orders.
- Set up a doctor's appointment immediately if you suspect any type of illness. Don't wait!
- Maintain Health Insurance.

Set up:

- Annual Eye Exam
- Annual Dental Exam (Should be every 6 months)
- Annual Hearing Exam

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**(860)-656-0450 • mypeoplecommunity.org
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Prostate Cancer Screenings:

- Get screened at the age of 40.
 - If multiple family members have ever been diagnosed with the disease.
- Get screened at the age of 45.
 - If you are an African American male.
 - If one family member has ever been diagnosed with the disease.
- Get screened at the age of 50.
 - If your doctor has determined you have average risk.

Colon Cancer Screenings:

- Beginning at age 45 if your doctor has determined you have an average risk.
- Start earlier if your doctor has determined you have an above average risk.

Lung Cancer Screenings:

- Beginning at age 55 if you are a former or current smoker of 30 packs per year.
- Past smokers should get screened for Abdominal Aortic Aneurysms at age 65.

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