**Talking with Your Doctor Regarding Men’s Health**

In general, men are less likely to get routine check-ups and visit the doctor than women. In addition to exercising and eating healthy, there are also other health conditions that relate specifically to men that you need to get screened and checked for regularly. Knowing early warning signs and being aware of what to look for can help catch and prevent many health issues before they get worse.

The following checklist will assist you in working with your doctor to make sure you are taking all the necessary precautions to maintain your health. Tell your doctor about any medications you are taking and your medical history, including any male relative’s history of prostate, testicular or colon cancer. There are blank spaces available for you to write in your own personal questions too.

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| Date: Doctor’s Name: | | |
| Doctor’s Address: | | |
|  | | |
| Doctor’s Telephone No: Email Address: | | |
|  | | |
| **Questions for your doctor:** | | |
| **No.** | **Question:** | **Answer:** |
| 1. | As a man with a disability should I be taking any certain vitamins? |  |
| 2. | Am I at a healthy weight for my height? |  |
| 3. | How will my disability or medical condition affect my overall health as I age? |  |
| 4. | How often should I get screened for prostate cancer? |  |
| 5. | Are there any warning signs or symptoms of prostate cancer I should look for? |  |
| 6. | How often should I get screened for testicular cancer? |  |
| 7. | Are there any warning signs or symptoms of testicular cancer I should look for? |  |

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| **No.** | **Questions:** | **Answer:** |
| 8. | What can I do to lower my risk of developing prostate or testicular cancer? |  |
| 9. | Can you show me how to do a testicle self-exam? |  |
| 10. | Can you show me how to do a breast self-exam? |  |
| 11. | Does my disability put me at a high risk for osteoporosis? |  |
| 12. | Are there any precautions that I should be taking to prevent me from developing osteoporosis? |  |
| 13. | Do I need to have a Colonoscopy? (If over the age of 50) |  |
| 14. | Are there any other health conditions that I should be aware of because I am a male with my disability? |  |
| 15. |  |  |
| 16. |  |  |
| **Men’s Health Resources:** | | |
| * U.S. Preventive Services Task Force: Screening for Prostate Cancer: <http://www.uspreventiveservicestaskforce.org/prostatecancerscreening/prostatecancerfact.pdf> * CDC Men’s Health:   <http://www.cdc.gov/men/>   * Testicular Cancer Screening Information:   <http://www.uchospitals.edu/online-library/content=CDR579320> | | |