

September  
2004



# MEN AND PHYSICIANS

BY BYU WELLNESS PROGRAM

INFORMATION FROM: AMERICAN MEDICAL ASSOCIATION & THE PEOPLE'S MEDICAL SOCIETY

How long has it been since you last visited your physician for a routine physical? If you're like most men, it's been a long time. Men are notorious for avoiding doctors, especially for regular examinations. Incidentally, most wait until there is an obvious health crisis before seeking medical attention. Unfortunately, this is a dangerous gamble considering that many conditions such as high blood pressure, high cholesterol, heart disease, diabetes and cancer don't often cause symptoms until they have progressed to a serious stage.

Men make a reported 150 million fewer visits to physicians than women do. One recent survey of 1,500 physicians by the Men's Health Network reported that doctors believe that, compared to women, men have more trouble discussing health concerns, are less likely to seek medical attention for health concerns, are more likely to delay treatment and are less likely to follow through with prescribed treatment plans. Many experts believe that a reluctance to seek medical attention is part of the reason why the life expectancy for men (72 years) is less than women (79 years). While exercise and good nutrition are the basis of maintaining a healthy life, preventative medical care is a key component.

A trip to the doctor should involve more than a litany of tests and examinations. To ensure optimal health, a partnership needs to be built between you and your practitioner. In order to create the ideal relationship with your doctor, you must be prepared for your visit. Many physicians have rushed schedules and many demands placed on them. The more prepared you are, the better. Before your appointment, make a list of any concerns or symptoms that you have. Be specific. If you are visiting a new doctor, obtain your medical records before you go. Know your family history as well. Also, know what drugs you are taking. If you are unsure of the dosages or specific names, check with your pharmacist before the appointment. Knowing all details and specifics before hand will enable your physician to make a more accurate diagnosis as well as give you credibility as a patient who is serious about their health.

One of the most important things to discuss with your physician is screening tests. Many insurance companies are transitioning to a more preventative mindset and will cover screenings. Check your insurance policy and be prepared to discuss screenings with your doctor. Screening tests can find diseases early when they are easier to treat. Some men need certain screening test earlier or more often than others. Talk to your doctor about which tests listed are right for you, when you should have them and how often. The following tables include the preventative health care screening tests, immunization and other services for normal risk men (18 years and older) recommended by most U.S. authorities:

## SCREENING TESTS

<b>Ages</b>	<b>Screening</b>	<b>How Often</b>
18-75 years	Blood pressure	Periodically
18-75 years	Dental	Periodically
35-65 years	Cholesterol	Every 5 years
50-75 years	PSA	Yearly
50-75 years	Sigmoidoscopy	Every 5-10 years
50-75 years	Fecal occult blood	Yearly
65-75 years	Vision	Periodically
65-75 years	Hearing	Periodically

Finally, don't be afraid to discuss concerns with your doctor. A concern you are cautious to mention may be the sign of a serious condition or be the key to figuring out a problem. On the other hand, the symptom may be a concern that can easily be dismissed. Healthcare professionals are trained to handle a wide spectrum of problems and are prepared to help you with your specific concerns.

BYU WELLNESS PROGRAM NEWSLETTER

Y'S CHOICES



# UPCOMING EVENTS

TO REGISTER, OR FOR MORE INFORMATION VISIT  
[www.byu.edu/wellness](http://www.byu.edu/wellness) OR CALL 2-5884

ALL EVENTS ARE  **FREE** UNLESS OTHERWISE NOTED

## 1 CHOLESTEROL, PSA AND GLUCOSE SCREENING

TUESDAY- THURSDAY, SEPTEMBER 14-16  
 7:30 - 10:30 A.M. 3228 WSC

Stay on top of these important health numbers by signing up for this valuable screening. **New this year-PSA included!** By appointment only, appointments made online or by phone. Twelve hour fast required (but you may drink water). Screening **FREE\*** of charge to employees and dependents covered through BYU insurance (DMBA or Altius).

## 2 INTERPRETING PSA RESULTS AND OTHER HEALTH NUMBERS WELL & WISE SEMINAR

WEDNESDAY, SEPTEMBER 22, 12-1 P.M.  
 3250 WSC

Which screenings do you need to obtain for your stage in life? How often? What are the important health numbers you need to keep up on? Why are they important? Come learn the answers to these questions and many others from Dr. Gus Hoffman and obtain your PSA results.

## 3 "MEN'S HEALTH" : 3K FUN WALK

FRIDAY, SEPTEMBER 24, 11:45 A.M. - 12:45 P.M.

Come join the Wellness Program for another great fun walk. Learn more as you walk about the real facts and myths of Men's Health and receive a new Wellness prize upon completion of the walk. Register between 11:45 a.m.-12:15 p.m. at the RB/SFH quad.

## 4 10,000 STEPS FALL FITNESS CHALLENGE

SEPTEMBER 27- NOVEMBER 6  
 REGISTER ONLINE (REGISTRATION ENDS SEPTEMBER 21)

Jump-start your fitness this Fall by joining us for our Fall Fitness Challenge! In teams of 6-8 compete to individually get in at least 10,000 steps a day. The first 125 registrants receive free pedometers. Great prizes and a trophy for the winning team! Register individually online.

## DID YOU KNOW?

Doctors, nurses and other healthcare practitioners have a long developed habit of using abbreviated medical terms that most patients aren't familiar with, especially in medical charts and records. The following list gives some of the most common medical abbreviations and terms to help you understand and interact with your practitioner:

**a.c.**- before meals  
**AMA**- against medical advice  
**Aq**- water  
**b.i.d.**- twice a day  
**BP**- blood pressure  
**Bx**- biopsy  
**CHD**- coronary heart disease  
**Cl. time**- clotting time  
**CXR**- chest X-ray  
**DNR**- do not resuscitate

**dos**- dose  
**emp**- as directed  
**ext**- for external use only  
**febris**- fever  
**FH**- family history  
**Fx**- fracture  
**GA**- general anesthesia  
**HOB**- head of bed  
**h.s.**- at bed time; before retiring  
**ind**- daily

**LPN**- licensed practitioner nurse  
**M**- mix  
**MI**- heart attack (miocardial infarction)  
**mor dict**- in the manner directed  
**NA**- nursing assistant  
**NPO**- nothing by mouth  
**N&V**- nausea and vomiting  
**NSR**- normal heart rate  
**prn**- as needed  
**qn**- every night