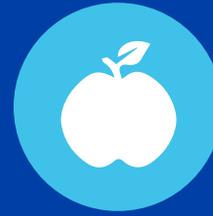# MEN'S HEALTH

Living healthily should be part of your daily routine, regardless of your age.

Men need routine tests to check if their health is in optimal condition. If there is a disease, it is important to take appropriate treatment in the early stages to prevent complications.

See your doctor for necessary tests according to your age and health conditions.

There are many things you can do to stay healthy without spending time or money:

- **Sleep well:** due to lack of rest you can develop chronic diseases such as hypertension, depression, obesity, among others.

- **Quit smoking:** It will help you increase your productivity level and prevent chronic conditions.

- **Get physical activity:** 30 minutes four to five times a week is recommended to maintain your health.

- **Eating foods high in vitamins and fiber:** this will help you prevent diseases of the digestive system, cardiovascular conditions and certain types of cancer.

- **See your doctor regularly.**

SCREENING TESTS RECOMMENDED FOR DETECTION OF DISEASES IN MEN	
Physical Exam	Performed annually.
Blood Pressure	You should have your blood pressure taken at every appointment with your doctor.
Blood Glucose	It is performed annually to assess your blood sugar level. If you have a chronic condition such as diabetes or high blood pressure, talk to your doctor.
Prostate Cancer	A rectal screening from 45 years according to the doctor recommendation.
Colorectal Cancer	The test should be done from the age of 40. If there is a history of colorectal cancer in your family, you need to talk with you doctor.

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