



## Prevention 101

### The Power of Prevention: It's a Guy Thing

**Hey guys: Would you let your car go 5 years without an oil change?**

To maintain your “extended warranty,” you need to schedule your “annual inspection” appointment with your health care provider.

In your 20s, you might think you’re indestructible and view going to the doctor as a waste of time and money. In your 30s, you’re often too busy with your career and family. By the time you’re in your 40s, you don’t go, because you’re too afraid of what you’ll find out or you don’t want to have a rectal exam! (Who does?)

Getting regular “tune-ups” with the recommended preventive screenings and immunizations, is among the most important things you can do to keep your body running smoothly. Most life-threatening illnesses, including cancer, heart disease and diabetes, can be treated and managed if they’re caught early.

#### Real Men Know the Facts

- 1 in 5 American men has heart disease.
- 1 in 3 American adults has high blood pressure.
- 3 in 4 American men are overweight.
- 9 in 10 lung cancer deaths are caused by cigarette smoking.

