It’s important to take care of your health, & that starts with understanding your health risks & recommended screenings at each stage of your life.
HEALTH CHECKLIST at every age

These tips are recommended by your DMG physicians, and assimilated from a variety of screening guidelines. Follow these guidelines to achieve your best health.

GET A YEARLY PHYSICAL

No matter your age, it's important to find a primary care physician you like and schedule an annual check-up.

Yearly visits are the best way to detect any changes in your health before they develop into bigger issues.

what to expect:
- Blood pressure check
- Blood test
- Urine analysis
- Weight recorded

maintain a HEALTHY WEIGHT

Keeping off excess weight can safeguard you from developing long-term health issues like type 2 diabetes, heart disease, high blood pressure, arthritis and sleep apnea.

quit SMOKING

If you are a smoker, quitting should be a top priority in your life. If you quit smoking your risk of cancer and other diseases will decrease significantly. Talk to your doctor about resources that can help you quit!

Know Your History

Find out what health conditions run in both sides of your family. Sharing your personal & family history will help your physician determine your risk level for any particular condition or disease.
Young adulthood should be a fun time in your life, and most people are at or near their physical peak. It is important to stay healthy by making good lifestyle choices.

**Health Checklist in Your Twenties**

1. Find a doctor you like & can relate to.
   - Find a physician who you trust & discuss your medical concerns honestly.

2. Understand your family medical history & share with your physician.

SCREENINGS/EXAMS YOU NEED

MONTHLY
Testicular self-exam

ANNUALLY
Yearly physical that includes:
  - Blood pressure check
    (Normal blood pressure is 120/80)
  - Blood test
  - STD screening
    (If you are sexually active)
  - Vision screening

EVERY 5 YEARS
Cholesterol testing (Starting at age 25)

IF NEEDED
Skin check
Talk to your primary care doctor or a dermatologist if you notice any new or changed moles or marks.

lifestyle tips

ESTABLISH GOOD HABITS
Figure out health routines that work for you. Building good habits in your prime will help set you on a path for better health long-term.

DON’T SKIP THE DOCTOR
Even though you may not have any major health ailments, it’s still important that you get regular check-ups to help your doctor establish your health history.

HEALTH RISKS

Melanoma
High Blood Pressure
High Cholesterol
Testicular cancer
Most common cancer in younger men
You may not feel or look that much different than in your 20’s, but your body is changing.

SCREENINGS/EXAMS YOU NEED

MONTHLY
Testicular self-exam

ANNUALLY
Yearly physical that includes:
  Blood pressure check
  (Normal blood pressure is 120/80)
  Blood test
STD screening
  (If you are sexually active)
Vision screening

EVERY 5 YEARS
Blood sugar test
Cholesterol test
  (more often if overweight)

IF NEEDED
Fertility Testing
Tell your doctor when you & your partner start trying to conceive. If you’ve been unable to conceive after a year of trying, talk to your physician about your options.
Health in your thirties

Common health risks/issues during your 30's
- Weight gain
- Reproductive difficulties
- Changes in skin
- High Cholesterol
- Stress

Lifestyle tips

Manage stress
From fatherhood, to home ownership, your 30's are an exciting, but stressful time. Find healthy ways to decompress to make sure stress doesn't impact your health.

Clean up your diet
As your metabolism starts to slow down, you may find you've added on a few pounds. Cleaning up your eating habits will help you avoid health problems in the decades to come.

Stay flexible
Many activities like golf or basketball don't require a full range of motion & can leave you feeling stiff. Try adding yoga or other exercises that help you maintain flexibility.
Turning 40 is a milestone & often a time of transition in life. Every part of your body is affected, from your appearance to the health of your heart and bones.

SCREENINGS/EXAMS YOU NEED

MONTHLY
Testicular self-exam

ANNUALLY
Yearly physical that includes:
- Blood pressure check
- Blood test
- Cholesterol testing
Prostate exam
Eye disease screening

EVERY 5 YEARS OR MORE FREQUENTLY IF RECOMMENDED
Blood sugar testing
(Annually if overweight or high risk)
Colonoscopy (For high risk men)

TALK TO YOUR PHYSICIAN
Heart disease screening
(For high risk men)
Health Risks

Heart Disease
Heart disease is the #1 killer of men.

Prostate Cancer
Prostate cancer is the second most common non-skin cancer and fifth deadliest cancer in men.

Lifestyle Tips

Strength Training
As you enter your 40's you will start losing muscle mass. Adding weight training to your workouts to prevent losing muscle & osteoporosis.

Rethink That Drink
Try to limit your alcohol intake to less than 1-2 drinks a week. Studies show having a drink daily may increase your risk of some types of cancer.
You may be 50 or over, but you don’t have to feel over the hill. You need to give more attention to your health during this time in your life.

## Health Checklist in Your Fifties and Beyond

### Screenings/Exams You Need

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<thead>
<tr>
<th>Monthly</th>
<th>Every 3 Years</th>
<th>Every 10 Years</th>
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<tbody>
<tr>
<td>Testicular self-exam</td>
<td>Osteoporosis screening</td>
<td>Colonoscopy</td>
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<td></td>
<td>Blood sugar testing</td>
<td>(Every 5 years if high risk)</td>
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<td>EKG test</td>
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<td>(If you have certain risks factors: high cholesterol, obesity, family history, etc.)</td>
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Osteoporosis isn’t just a women’s disease. 1 in 5 men will develop an osteoporosis related fracture.

**Find Fun Ways to Stay Fit**
As your body is aging you may feel less able to exercise as vigorously as you used to. Stay connected to low impact activities that keep your body moving, like tennis, golf or yoga.

**Keep Off Excess Pounds**
Keeping the scale from creeping up can feel like a daily battle, but maintaining a healthy weight is vital to prevent a number of diseases.

**Get Enough Shut-Eye**
Getting enough sleep can get tougher after 50. Try to go to bed 15 minutes early or get up 15 minutes later until you are getting 7-9 hours of sleep a night.

**Add in Omega-3**
A diet high in omega-3 fatty acids will slow your cell’s aging process. Foods rich in omega-3 include fish, peanut butter, eggs and flaxseed.
With over 60 locations throughout the western suburbs, DuPage Medical Group offers flexible, same-day appointments and after-hours care. Our board-certified physicians are available in over 50 specialties, using a collaborative approach to ensure the best decisions are made for you.

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