



Know the **SCORE**

GOOD HEALTH IS CALLING, SO TREAT YOURSELF TO IT!

A famous basketball coach once said, "Don't let what you cannot do interfere with what you can do." The same is true for your health. Men, how often do you find yourself sitting on the couch, idly watching your favorite sports game on TV? 90 percent of the time, we act as spectators instead of actually participating in the daily sport of GOOD HEALTH! *Know the score* and don't sit on the sidelines, GET UP, GET OUT and START playing in the game of life.

This month, your local Spirit of Women hospital is partnering with the Centers for Disease Control and Prevention in recognition and celebration of **Men's Health Month** and **Men's Health Week (June 13-19, 2011)**. If men paid just as much attention to their health as they did during the playoffs, they'd be much more likely to live longer and feel like MVPs.



SAN ANTONIO
COMMUNITY HOSPITAL



Know the Score is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

DID YOU KNOW BEING ACTIVE, EATING NUTRITIOUSLY AND ACHIEVING AND STAYING AT A HEALTHY WEIGHT HELPS:

- Boost mood and energy levels?
- Increase fitness and strength?
- Improve muscle quality?

RULES OF THE GAME:

1. **Be a “go-getter.”** Always play offense when it comes to your health.
2. **Find a good coach.** Partner with your local Spirit of Women physician for all-star advice.
3. **Respect your teammates.** Your family is relying on you to stay in the game—make the choice to do whatever it takes to take care of yourself and don’t let them down.
4. **Don’t underestimate your opponents.** Your opponents here are, of course, illness and disease. Your local Spirit of Women physician can give you some great tips on what you’re up against!
5. **Help your fellow players.** A team is like a village. Use your family, friends and community to help you get in top condition and before long you’ll be showing them how it’s done!
6. **Never give up!**

Use the chart below as your step-by-step playbook for health:

Screening tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 65 and older
General health: Full check-up, including weight and height	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
HIV test	Get this test at least once to find out your HIV status. Ask your doctor if and when you need the test again.	Get this test at least once to find out your HIV status. Ask your doctor if and when you need the test again.	Get this test at least once to find out your HIV status. Ask your doctor if and when you need the test again.	Discuss with your doctor or nurse.
Heart Health: Blood pressure test	At least every 2 years.	At least every 2 years.	At least every 2 years.	At least every 2 years.
Cholesterol test	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Diabetes: Blood glucose or A1C test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years.	Every 3 years.	Every 3 years.
Prostate Health: Digital rectal exam (DRE)	Discuss with your doctor or nurse.		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Prostate-specific antigen (PSA) test	Discuss with your doctor or nurse.		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Reproductive Health: Testicular exam	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Sexually transmitted infection (STI) tests	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.
Colorectal Health (use 1 of these 3 methods): Fecal occult blood test			Yearly.	Yearly. If older than age 75, discuss with your doctor.
Flexible sigmoidoscopy (with fecal occult blood test)			Every 5 years.	Every 5 years. If older than age 75, discuss with your doctor.
Colonoscopy			Every 10 years.	Every 10 years. If older than age 75, discuss with your doctor.

Know the Score for your health and partner with your local Spirit of Women hospital for expert coaching so that you can be well-equipped with all the tools necessary to win your big game, LIFE!

Make a choice for better health. Visit spiritofwomen.com.

SOURCES:

Centers for Disease Control and Prevention
 US Department of Health and Human Services:
 National Institutes for Health



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