

MEN'S HEALTH JOURNEY

**STAY STRONG FOR THE ONES
WHO NEED YOU MOST.**

You show up every day for your family, your job, your community. But who's looking out for you?

HERE'S THE TRUTH:

Taking care of your health is making sure you'll be here for all the moments that matter. This roadmap is your yearly guide.

START TODAY, NOT MAÑANA.



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“ I THOUGHT CHECKUPS WERE FOR WHEN SOMETHING'S WRONG. Now I know they're for making sure I'm around WHEN EVERYTHING'S RIGHT.”

Miguel, plumber and father of three.

1

TAKE YOUR FIRST STEPS

- Find a health provider.
- Schedule your yearly checkup.
- Bring this guide with you.

2

NO INSURANCE?

You still have options.

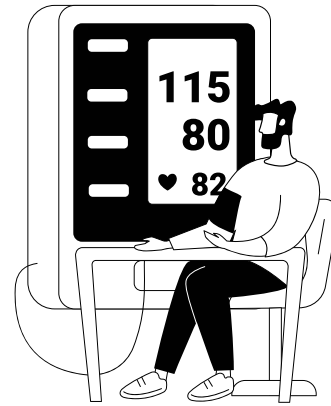
Wellness
Cultura.org



3

THE BASICS

- Check-ups and screenings
- Vaccines
- Mental health
- Lifestyle



4

CHECK-UPS & SCREENINGS

See your primary care provider and eye doctor every year, your dentist every 6 months.

Even when nothing hurts. That's when prevention works best.



Know your numbers:

Blood pressure, blood sugar, cholesterol, and weight.

These numbers tell your story.



5 VACCINES

- Get your yearly COVID and flu shots.
- Every 10 years: Tetanus, Diphtheria, and acellular Pertussis (Tdap) vaccine



6 YOUR WHOLE MENTAL HEALTH

- Feeling stressed, worried, or down? That's not weakness, that's life. Talk to your health provider.
- Depression and anxiety can be treated.



7 LIVING WELL EVERY DAY

- Take Care of Your Body: Move it. Feed it well. Rest it.
- Wear sunscreen. Stay close to your people and what gives you peace.

IN YOUR 20S & 30S

Building your foundation



TALK TO YOUR DOCTOR ABOUT:



Alcohol, smoking, and drug use.



Human papillomavirus (HPV) vaccine. (if you didn't get it growing up)



Safe sex and family planning.



Sexually transmitted diseases (STD), Human Immunodeficiency Virus (HIV), and Hepatitis C testing.



Skin checks.



IN YOUR 40S

Staying strong as life gets busier

Everything from before, plus:

NEW CONVERSATIONS:

Colon Cancer screening (starts at age 45 and every 10 years after)



STARTING AT 40:

Changes in your sleep, muscle mass, sexual function, or urinary habits



Talking about your health will help your provider suggest tests or treatments.



You can get the HPV vaccine until age 45 if needed.



IN YOUR 50S

Protecting what you've built

Everything from before, plus:

NEW CONVERSATIONS:



Lung screening.
(if you've smoked)



Pneumonia vaccine.
(one dose)



Prostate screening.
(age 50+)



Respiratory syncytial
virus (RSV) vaccine.
(if you're at higher risk)



Shingles vaccine.
(2 doses)

KEEP GETTING:



Colon screening
every 10 years.



See the
OLDER ADULTS ROADMAP

for your complete guide.

YOU MATTER. YOUR HEALTH MATTERS. YOUR FAMILY NEEDS YOU HERE.



MY HEALTH CHECKLIST

BASIC CHECKS:

- Blood pressure, blood sugar, cholesterol, weight
- Hearing and vision
- Mental health talk (stress/anxiety/depression)
- Safe sex/family planning/STD, HIV, and Hepatitis C testing
- Skin check
- Smoking/drinking talk

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BASED ON MY AGE, I ALSO NEED:

- Colon cancer screening (45+)
- Lung screening
- Prostate screening

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VACCINES. I'M DUE FOR:

- COVID (yearly)
- Flu (yearly)
- HPV (if I haven't had it) (up to 45, one time)
- Pneumonia (50+, one time)
- RSV (50+ if higher risk)
- Shingles (50+, 2 doses)
- Tetanus, Diphtheria, and acellular Pertussis (Tdap) vaccine (every 10 years)
- Other: _____

This campaign was made possible by Bexar County.

