

# Stay Healthy, Man!

You're at a point in your life when you know how to handle bumps in the road. Leaky faucets, an overheating car—you know how to take care of things. But what about your health? Do you know what it takes to stay healthy as you age? As you cruise through midlife and beyond, it's important to keep the following things on your radar.

Don't have a doctor? To find a physician, visit our **FIND A DOCTOR** page at [www.bmhvt.org](http://www.bmhvt.org).



Brattleboro Memorial Hospital  
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## Aches and Pains

### WHAT'S NORMAL

Occasional muscles aches associated with exercise

Mild joint pain that gets better with RICE (rest, ice, compression and elevation)

Some shortness of breath during a challenging workout

### WHAT'S NOT

Muscle aches lasting longer than three days

Persistent joint pain that limits mobility and affects your daily activities

Any chest pain or pressure, dizziness or nausea during exercise

## Gotta Go?

**50+** Urinary incontinence is most common in people older than 50.

**2/3** Two-thirds of men ages 30 to 70 have never discussed bladder health with their physician.

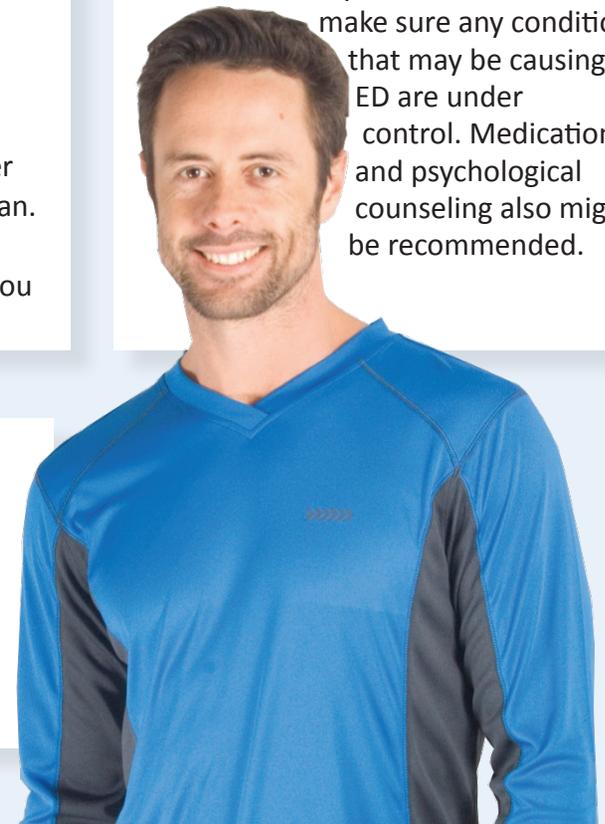
**8x** If you urinate eight or more times a day, you may have an overactive bladder.

## The Facts About Erectile Dysfunction

**[FACT]** High blood pressure can cause erectile dysfunction (ED). So can high cholesterol, diabetes, smoking and certain medications.

**[FACT]** ED affects about 30 million men in the U.S. and may be the first warning sign of a serious medical issue.

**[FACT]** ED is treatable. Talk to your doctor about your options today. He or she will first make sure any conditions that may be causing ED are under control. Medication and psychological counseling also might be recommended.



## Schedule These Screenings

### — Blood Pressure

Every two years, every year if it's above 120/80.

### — Cholesterol

Every five years, more often if you have certain medical conditions.

### — Colonoscopy

Beginning at 50, earlier if you have a family history of colon cancer.

### — Diabetes

Starting at 45, especially if you have high blood pressure.

### — Prostate Cancer

Talk with your doctor if you're 40 or older.