

Healthy Tips for Men

at Any Age

By Matthew Biddle

For most guys, myself included, going to the doctor isn't at the top of our ever-expanding list of priorities. Anecdotally, many physicians say that men tend to see their doctor less frequently than women, despite the benefits of a periodic check-up.

"Young men, in general, typically come in because a significant other — their mother, girlfriend or wife — has told them to come in, or there's an accident of some sort and they have to come in, or they have some sort of problem with their male repro-

ductive system," said Dr. Michael Jordan, who specializes in family and sports medicine at Lifetime Health Medical Group.

Most physicians agree that, whether a man is 25 or 65, seeing a doctor periodically and maintaining healthy behaviors are the first steps toward a long, healthy life.

"In general, it's a matter of listening to your body — if something is weird, or something is different, or if you see blood in your urine or in your stool, that should really strike an alarm bell," said Dr. Thomas Schwaab, assistant professor of urology and immunology at Roswell Park Cancer Institute. "I'm not good at it either. I claim I'm too busy, and that's what most men do — they come up with an excuse when they should just simply get a check-up with their doctor."

Here, local experts offer men other guidelines for maintaining top health at every age.



Starting healthy habits in our 20s and 30s

When discussing a healthy lifestyle, we should all know the basics: eating a good diet, exercising regularly, getting plenty of sleep and curbing destructive behaviors like excessive drinking or cigarette smoking. Experts say, however, that the importance of these concepts cannot be overstated.

"Healthy behaviors work far better than medicine at preventing illnesses — and they don't require a prescription," said Dr. Frank Voelker, an internal medicine specialist at Buffalo Medical Group. "Someone could do 30 minutes of brisk walking or another kind of exercise most days of the week, and substantially drop their risk of cardiovascular

disease, diabetes and cancer."

When you first visit your general practitioner, they will identify your risk factors, like family history, sexual behavior and weight. Jordan recommends that anyone who is sexually active get tested for HIV and other sexually transmitted diseases. With younger patients, he also typically calculates their body mass index at this stage to screen for obesity.

Many doctors will also order initial tests for blood pressure and cholesterol to have a baseline reading and detect problems early. From there, the American Heart Association recommends checking blood pressure every two years and cholesterol every five years (though your doctor will make individualized recommendations based on your risk profile).

It's important at this stage to quit smoking, or to never pick up the habit at all; besides cardiovascular conditions and lung cancer, according to the American Cancer

Continued on page 22





ATWAL EYE CARE

Buffalo Eye Care Associates
"Change The Way You See"



LASIK CHANGED THE WAY I SEE!

Kevin Sylvester - Radio talk show host for the National Hockey League's Buffalo Sabres and it's broadcast network, the Sabres Hockey Network



Atwal Eye Care is the **Official LASIK** provider for **The Buffalo Sabres**

Call **892-2020** for our next Open House
3095 Harlem Rd. Cheektowaga
ATWALEYE.COM

911597



1330 French Rd, Cheektowaga **Erie County Scooters** 656-8757
eriecountyscooters.com

Sym 125 Scooter

90 Miles per Gallon!

- 125cc, 4 Stroke Engine
- Automatic Transmission
- 55 MPH
- 2 year warranty

\$1999⁰⁰

MSRP \$2999.00 * Plus freight and set-up

912515

Acupuncture Works

Specializing in Facial Rejuvenation
1961 WEHRL DRIVE SUITE 7
WILLIAMSVILLE, NY 14221
716-983-9842

ACU FACIAL SERVICES
Acu Facial / Facial Rejuvenation

ACUPUNCTURE SERVICES
Acupuncture
Cupping · Gua Sha
Chinese Medicine
Pain Management

MASSAGE THERAPY SERVICES
Aromatherapy Massage
Deep Tissue Massage
Hot Stone Massage
Myofascial Massage
Pregnancy Massage
Swedish Massage

FREE CONSULTATIONS AVAILABLE

WWW.WNYACUPUNCTURE.COM

909381

WATCH WORLD

Watches are sexy.

25% off any watch with this ad

1248 Niagara Falls Blvd. Tonawanda, NY 14150
(716) 835-2241 Across from Boulevard Mall
Imported Cultured Pearls We Buy Gold!

14 BRANDS AND OVER 1000 WATCHES

909627

Men's Health Tips, continued from page 21

Society, smoking can lead to a number of other cancers, including kidney, bladder, throat and pancreatic cancer. Schwaab also cautions young men to monitor for testicular cancer — the most common form of cancer in men 15 to 34 — by doing a self-examination. "Testicular cancer is one of the few cancers that we can virtually cure in the majority of cases, as long as it's picked up early," he said.



Maintaining good health in your 40s and 50s

As we get older, most health recommendations actually don't change. "Proper nutrition and exercise are fundamental and across all ages will provide a benefit in the reduction of cardiovascular risk, as well as cancer risk," Voelker said.

Managing stress is also critically important, as high stress can increase blood pressure, which, in turn, increases the risk for obesity and other conditions. "For most people, exercise is the key to controlling stress levels," Jordan said. "The American College of Sports Medicine says 150 minutes of moderate aerobic exercise [per week] at any adult age, and that means an exercise

that gets your heart going and keeps it going for a sustained period of time."

At age 50, men should receive a colonoscopy to check for colon cancer. This is also the age at which men should begin receiving at least yearly check-ups, if they haven't been already.

"Once you hit 50, a few more things start to fall apart," Dr. Edward Stehlik, a founding partner at Northtowns Medical Group, chuckled. "In your 50s and 60s, blood pressure evaluations should be at least every year, where it might be less frequent when you're younger, if your blood pressure has been normal. Colon cancer testing occurs starting at age 50 and up until age 75."

Screening for prostate cancer — recommended at 50, barring other risk factors — has become more controversial in recent years. While the American Cancer Society still recommends screening at age 50 for most men, the U.S. Preventive Services Task Force advises against prostate screening altogether.

"The problems with tests, especially [prostate-specific antigen] tests, is that a lot of times it can lead to unnecessary procedures, like biopsies," Jordan said. "It's a gray zone, and all you can do is give the patient the information and say, 'How would you like to proceed?'"

FRANK LLOYD WRIGHT composed a "Domestic Symphony"

PERFORMED DAILY IN BUFFALO

THE MARTIN HOUSE COMPLEX

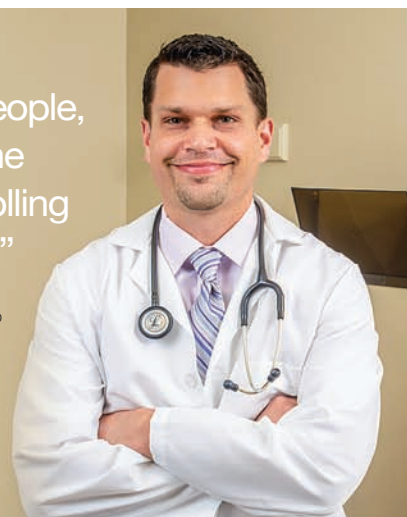
TOUR RESERVATIONS : www.darwinmartinhouse.org



912823

"For most people, exercise is the key to controlling stress levels."

— Dr. Michael Jordan, Lifetime Health Medical Group



Wellness in your 60s and beyond

According to Stehlik, one important, sometimes overlooked, component of good health is vaccinations. In fact, according to the World Health Organization, vaccines have done more to increase life expectancy than anything else except the availability of clean water. Stehlik advises his patients to receive an influenza vaccine annually. He also said those over age 60 should receive a shingles vaccine, and people over 65, as well as anyone with a chronic medical condition, should have a vaccine against pneumonia. In addition, the USPSTF recommends a one-

time screening for abdominal aortic aneurism in men 65 to 75 who have ever smoked.

Turning to exercise, Stehlik said that though someone's capability may decline, physical activity becomes even more important as they age. "When people start to fail physically — and we all do — the importance of what you do goes way up," Stehlik said. "The difference between your muscles being stronger and not can be the difference between whether you fall or don't fall, or whether you break or don't break something."

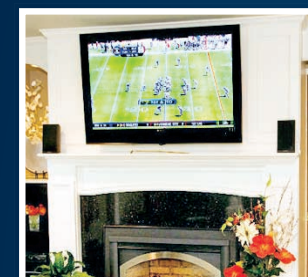
And so it seems at any age, the most basic advice is still the best: Eat healthy, exercise regularly, monitor your body and visit your doctor — and dentist — regularly. ■

Matthew Biddle is assistant editor of Western New York Heritage Magazine and a frequent contributor to Buffalo Magazine.

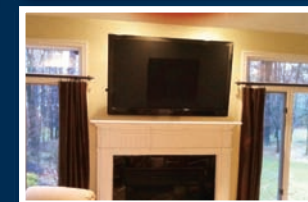
DO YOU NEED A TV MOUNTED? CALL THE PROS!

WNY'S ENTERTAINMENT INSTALLATION EXPERTS:
TV MOUNTING DONE RIGHT

HOME & RESIDENTIAL SERVICES



- Surround sound
- Whole home audio
- Universal remote programming and setup
- Outdoor audio & video
- Home surveillance
- Theater room design and construction



Experts in mounting TVs over your fireplace

BUSINESS & COMMERCIAL SERVICES



- Camera systems
- Video conferencing
- Conference room setup
- Wiring

GOT APPLE? We integrate iDevices in your home.



CINEMA & SOUND

www.cinemaandsoundwny.com

For a FREE estimate call
667-WIRE (9473)
or visit our showroom:
3566 N. Buffalo Road,
Orchard Park

914459

#1 Agent at MJ Peterson **Susan Lenahan**
Associate Broker, CRS, CBR

- Sold in excess of \$350,000,000 in real estate
- Waterfront property expert
- Over 30 years of experience
- Certified Residential Specialist
- Community Involvement through numerous non-profit boards
- Certified Buyers Representative
- Accredited Relocation Specialist

#1 top Listing and Selling City Realtor for past 14 years, let me "Sell you on Buffalo."

431 Delaware Ave., Buffalo 14202
Direct 716-864-6757
www.susanlenahan.com



911729