

Men's Health Question Checklist

You can help your doctors and nurses provide better care by giving them a clear understanding of your health and your healthcare concerns.

Your doctor may ask some awkward questions, like, “*How is your mood?*” or “*How much alcohol do you drink?*” You may feel uncomfortable sharing certain habits or feelings with your physician. That’s normal—but your physician is there to help, not judge, and needs a complete picture in order to be the best partner in ensuring good health.

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- ☐ 1. How do my lifestyle and family history affect my health risk?*
 - ☐ 2. Should I be concerned about heart disease?
 - ☐ 3. I am planning to start exercising more. Should I take a stress test first?
 - ☐ 4. What vaccines do I need?
 - ☐ 5. What screening tests are important for me to get at my age, and when should I be screened for prostate cancer?
 - ☐ 6. What is my ideal weight, and what risks are associated with being overweight?
 - ☐ 7. How will I know that I’m at risk for diabetes? Should I have my blood sugar checked?
 - ☐ 8. How do I know if I’m depressed?
 - ☐ 9. I’ve been having this strange pain (or symptom). Should I worry?†
 - ☐ 10. What is the single most important thing I can do to improve my health?

*Be prepared to share a detailed family history—especially of cancer and heart disease and diabetes—and be upfront about your lifestyle choices, like how many alcoholic beverages you drink or if you smoke.

†Be prepared to describe where it is, when it started, what it feels like, whether it moves, how severe it is, and what makes it feel better or worse.