

WAY TO PLAY: MEN'S HEALTH PLAYBOOK

A step-by-step guide to help
you achieve optimal health.



Dear Champion,

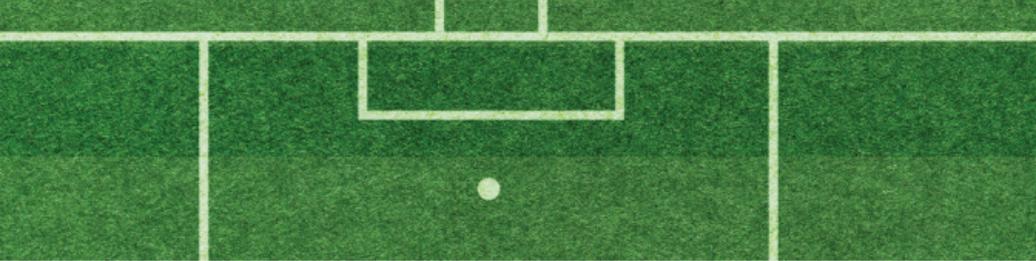
If you want to win at a healthier life you have to make a plan for your playbook and work that plan. If you want to have a healthier life you have to make a plan and stick with it. To perform your best, you must follow your plays, know when to adapt, and most importantly have fun! Always being on defense can put a lot of strain on your body. Regular checkups and making plays to prevent issues is a must if you want to take an offensive stance.

This Way To Play: This Playbook is your personal tool to keep your body running its best. This tool is designed for men ages 18-45. Use it to record your medical history and routine plays. Map out your health goals as you move toward a healthier you. **Be sure to keep your playbook with your other important papers or where you can't forget it for your next health team meetup.**



PLAY BY PLAY: MEN'S HEALTH PLAYBOOK

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IMPORTANT **TEAM LINEUP**

Emergency Contact: _____

Phone: _____

Local Hospital: _____

Phone: _____

Healthcare Provider: _____

Phone: _____

Dentist: _____

Phone: _____

Eye Doctor: _____

Phone: _____

Other: _____

Phone: _____

PLAYER'S STAT SHEET

My Blood Type: Mark the box with your blood type. Don't know it? Ask your healthcare provider to check it for you when you get your next blood test.

- | | |
|------------------------------|------------------------------|
| <input type="checkbox"/> O+ | <input type="checkbox"/> O- |
| <input type="checkbox"/> AB+ | <input type="checkbox"/> AB- |
| <input type="checkbox"/> A+ | <input type="checkbox"/> A- |
| <input type="checkbox"/> B+ | <input type="checkbox"/> B |

- Self:**
- High Blood Pressure
 - Cancer
 - Heart Disease
 - Stroke
 - Substance Abuse
 - Diabetes
 - Mental Illness



Medication List:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

More About You...

Do you feel stressed or angry? Yes No

Do you use tobacco? Yes No

Allergies: _____

PLAYER'S STAT SHEET: FAMILY HEALTH HISTORY

A family health history can provide medical clues for you and your love ones. Medical conditions like cancer and other chronic diseases may run in your family. Knowing that one of these diseases runs in the family could help you and your family members take steps to reduce risks for getting cancer like eating healthy, being more active, and quitting tobacco use. If there is not a family member present, a close family friend may help with some clues. This is important information for your health care provider to know.

Mother	
Health Problems	
Cause of Death <small>(IF APPLICABLE)</small>	
Father	
Health Problems	
Cause of Death <small>(IF APPLICABLE)</small>	
Grandmothers (Paternal / Maternal)	
Health Problems	
Cause of Death <small>(IF APPLICABLE)</small>	
Grandfathers (Paternal / Maternal)	
Health Problems	
Cause of Death <small>(IF APPLICABLE)</small>	
Brother/Sister	
Health Problems	
Cause of Death <small>(IF APPLICABLE)</small>	



MY HEALTH TRAINING SCHEDULE

Here are a couple of tips about healthcare screenings and the recommended ages to have them done.

Screening/Activity	Routine Schedule
Body Weight/Height	Every checkup
Blood Pressure (BP) – High blood pressure can lead to heart attack, stroke, loss of sight and kidney damage. High blood pressure usually does not have symptoms or signs. Ask if your blood pressure is “normal” or “high” (140/90 or higher).	Every checkup
Cholesterol Test – Cholesterol helps your cells grow. But a high level can put you at risk for heart disease. If your level is higher than 200, ask your healthcare provider what you can do to lower it.	Every checkup regularly at age 35
Diabetes (“Blood Sugar”) Glucose – Tests the level of your blood glucose, or blood sugar. High blood sugar can harm your heart, kidneys, nerves, blood vessels and eyes.	As directed by healthcare provider
Mental Health Checks	Talk with healthcare providers beginning at age 18

MY HEALTH TRAINING SCHEDULE

Screening/Activity	Routine Schedule
Sexually Transmitted Infections Test (STD/STI) – Talk with doctor before becoming sexually active. If sexually active with multiple partners, get tested for gonorrhea, syphilis, chlamydia and other STIs.	If you have unprotected sex and or develop symptoms.
Testicular Self-exam – Self-examination of the testes is important for early detection of testicular cancer. Since testicular cancer is usually isolated to a single testicle, comparison of one testicle with the other can be helpful. It is normal for one testicle to be slightly larger than the other. Your focus should be noticing any changes from the previous month.	Monthly starting at age 18
Colorectal Screening – Colorectal screening can find precancerous polyps, when treatment works best. Recommended beginning screening age is 45.	Annually starting at age 45
Prostate Screening – Tests for Prostate specific antigen (PSA), a protein made by cells in the prostate gland (both normal cells and cancer cells).	As directed by healthcare provider
Skin Cancer Screening – When detected early, skin cancer is highly treatable. Learn the ABCDEs of melanoma to check yourself and your partner. Talk to your healthcare provider for more information.	As directed by healthcare provider

YOUR AGE YARD LINEUP

Staying in defense mode will help to maintain a healthy lifestyle. Here are some routine plays to keep you running. Check your age on the yard lines and continue to progress down the field.

Although every age requires different steps, be sure to get all screenings best for you!

AGE 18-20

- Body Weight/Height
- STD/STI Testing
- Testicular Self-exam
- Dental Exam/Cleaning
- Diabetes ("Blood Sugar")
Glucose
- Blood Pressure (BP)
- Mental Health

AGE 35-44

- Cholesterol Test
- Body Weight/Height
- STD/STI Testing
- Testicular Self-exam
- Dental Exam/Cleaning
- Diabetes ("Blood Sugar")
Glucose
- Blood Pressure (BP)
- Mental Health

AGE 21-34

- Mole Self-check on Skin
- Body Weight/Height
- STD/STI Testing
- Testicular Self-exam
- Dental Exam/Cleaning
- Diabetes ("Blood Sugar")
Glucose
- Blood Pressure (BP)
- Mental Health

AGE 45+

- Colorectal Screening
- Body Weight/Height
- STD/STI Testing
- Testicular Self-exam
- Dental Exam/Cleaning
- Diabetes ("Blood Sugar")
Glucose
- Blood Pressure (BP)
- Mental Health
- Prostate Screening

YOUR DEFENSIVE LINEUP

Vaccines protect you from some diseases. Ask your healthcare provider which shots you need. Write down the date you get each shot or dose.

Vaccine	Date
Hepatitis A: Need 2 doses if you haven't had this vaccine.	
Hepatitis B: Need 3 doses if you haven't had this vaccine.	
Measles, mumps, rubella (MMR): May need 1 or 2 doses depending on when you were last vaccinated for MMR.	
Tetanus/diphtheria (Td) or Tetanus/diphtheria/pertussis (Tdap): After 18 years get a Td booster every 10 years.	
Varicella (chicken pox vaccine): Need 2 doses if you haven't had chicken pox or this vaccine.	
Human Papillomavirus (HPV): Need 2 doses. Recommended age is 9 through 26 years of age.	

Vaccine	Date
<p>Shingles: Need 2 doses if you haven't had this vaccine.</p>	
<p>(Influenza) Flu: Anyone 6 months of age and older to get a flu vaccine every year.</p>	
<p>Pneumococcal: May need 1 dose for all adults 65 years or older. Talk to healthcare provider for more information.</p>	
<p>Other:</p>	

YOUR OFFENSIVE LINEUP

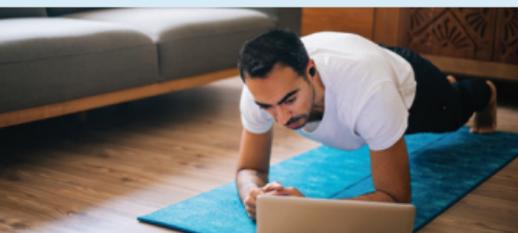
Take the offensive line by getting active, eating smart with foods that give your body what it needs, quitting tobacco, and so much more. **All you need to do is change one thing.** Just one thing. And when you're done and feeling good, change one more thing! On and on you go, making yourself healthier by small, easy steps. Making changes to your lifestyle behaviors can be the key to getting you back to your best self. Use this guide to help reach your goal!

1. Simply Get Active!

Your body needs to move at least 30 minutes a day. Whether you are lifting weights or going for a run or walk, just get moving!

What 3 things can you do to be more active?

1. _____
2. _____
3. _____



2. Eat Healthy!

Put in the best quality fuel to get a better response, run better and need less care. A few ways to do that is to reduce your sugary drink intake and drink more water. Eat more fruits and vegetables. Eat foods high in fiber.

What 3 things can you do to help yourself eat healthy?

1. _____
2. _____
3. _____



3. Moderate Your Drinking!

Alcohol can increase your blood pressure, your risk of stroke and heart disease. If you regularly drink to get drunk, ask yourself why that might be. Many men drink, smoke or use medicines or drugs to deal with stress. If you need help, call the **Alcohol and Drug Council of N.C.** (1-800-688-4232). You should only have up to two drinks per day.

What 3 things can you do to help yourself drink responsibly?

1. _____
2. _____
3. _____



4. **Quit Tobacco!**

When you use tobacco or are exposed to secondhand smoke, you increase your risk of health conditions (i.e. heart disease and cancer). E-Cigarettes are harmful to your lungs as well. Quitting takes practice. If you or someone you love needs help quitting, call **QuitlineNC** (1-800-QUIT-NOW).

5. **Practice Safe Sex!**

When you practice routine safe sex you are protecting yourself and your partner from sexually transmitted infections/diseases and unplanned pregnancies. Wear condoms! If you have an itch, drip or fire you could have jock itch a fungal infection or a sexually transmitted infection. Talk to your healthcare provider for more information.





6. Test your home for Radon!

If you are buying or selling a home, have it tested for radon. For a new home, ask if radon-resistant construction features were used and if the home has been tested. Radon is a colorless, odorless, radioactive gas. Being exposed to radon for a long period of time can lead to lung cancer.

7. Get appropriate health screenings!

When you receive needed health screenings you are able to detect problems early. The sooner you know the better! Talk to your healthcare provider for more information.



MAKE YOUR OWN PLAYS

You've been training to win on ways to be healthy. Time to practice the things that you would most like to change about your health. **Now it's time for one small step or drill. You can win! Put in the work, it takes practice! You are worth it.**

Pick 1 thing, just 1 thing that you will do for the next 30 days.

My 1 thing is:

To do that, I will help myself by:

If I need more help, I will ask the following friends and family members to help me by:

CAUTION: Common Cancers Among Men

Types of Cancers:
Colorectal • Lung • Prostate • Skin

How you can lower your risk:

- Eat Healthier
- Be Active
- Know Your Family Health History
- Quit Tobacco
- Get Screened

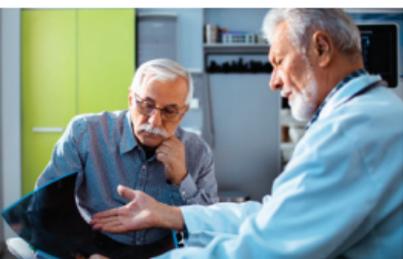
Things that increase your risk:

- Obesity
- 50 years old +
- Excessive drinking
- Lack of physical activity
- Family history of cancer
- Unhealthy diet
- Smoking

WHAT YOU NEED TO KNOW IF YOU ARE IN TREATMENT:

Cancer Survivorship Checklist

- Seek a second (or third) opinion if it will make you feel more comfortable
- Have a family member or friend attend appointments with you to provide support, ask questions, and take notes
- Share with your provider what's most important to you, so your goals can be included in your treatment plan
- Discuss your treatment options, including the benefits and side effects (both short-term and long-term of each)
- Ask for a written plan of care including:
 - Frequency of treatment and test
 - Side effects you should expect and how to manage them
 - Resources you can use to understand the diagnosis and treatment better
 - How and when you should contact your care team if you have concerns and questions



YOU CAN DO IT!

As you continue through this game called life, you start a new adventure with every day that you begin. You may be unsure about what happens next. How will you feel physically and emotionally? What do you need to change so that you can be the best player you can be.

Each person's experience is unique. Life is a marathon not a race, just keep moving at your own pace. The key is to just keep moving!

Men need to be on top of their overall health. Help reduce your risk for health problems like cancer, obesity or heart disease. Stop using tobacco products, eat a healthy diet, get appropriate screenings and be active. These are steps to help you be the MVP for best possible health. ENJOY LIVING YOUR BEST LIFE!



The North Carolina Comprehensive Cancer Control Program works to equip individuals, cancer survivors/advocates, caregivers, providers, partners, communities, organizations, and employers with the knowledge, skills and tools to promote health and provide support through the cancer continuum (prevention, early detection, diagnosis, treatment, survivorship, and end of life care).

For more information on cancer prevention and control, visit the NC Comprehensive Cancer Control Program, NC Cancer Prevention and Control Branch at <https://publichealth.nc.gov/cccp>



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Public Health



**Comprehensive
Cancer Control**
Collaborating to Conquer Cancer

NORTH CAROLINA

Cancer Prevention & Control Branch
<https://publichealth.nc.gov/cccp>

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