



# Health Screenings for Men's Heart Health

	Abdominal Aortic Aneurysm Screening	Cholesterol Screening	Diabetes Risk Assessment	Hypertension Screening
Test Importance	<ul style="list-style-type: none"> <li>▶ This screening is a way of checking if there's a bulge or swelling in the aorta</li> <li>▶ Spotting the aneurysm early on will help prevent its rupture</li> </ul>	<ul style="list-style-type: none"> <li>▶ Cholesterol test Helps identify the levels of cholesterol to prevent High cholesterol levels that may cause plaque to build up, which can block or narrow arteries, leading to heart attacks and other major health issues</li> </ul>	<ul style="list-style-type: none"> <li>▶ Helps identify whether there is an increased risk of diabetes and therefore take steps to prevent developing diabetes</li> <li>▶ Insulin resistance as a result of obesity happens due to high levels of fatty acids in the body which can lead to the build-up of glucose in the body and type 2 diabetes</li> </ul>	<ul style="list-style-type: none"> <li>▶ High blood pressure causes extra strain on the arteries and heart and maybe a reason for suffering a heart attack or stroke</li> </ul>
Ages	<ul style="list-style-type: none"> <li>▶ For all men who smoked between 65-75</li> </ul>	<ul style="list-style-type: none"> <li>▶ For all men at age 35 (or 25 if the cardiac risk profile indicates high risk)</li> </ul>	<ul style="list-style-type: none"> <li>▶ For men over age 50</li> <li>▶ For men with a BMI over 30</li> </ul>	<ul style="list-style-type: none"> <li>▶ For all men</li> </ul>
Frequency	<ul style="list-style-type: none"> <li>▶ One time</li> </ul>	<ul style="list-style-type: none"> <li>▶ Every 5 years</li> </ul>	<ul style="list-style-type: none"> <li>▶ Every 3 years</li> </ul>	<ul style="list-style-type: none"> <li>▶ Every 1-2 years</li> </ul>
Type of Exam	<ul style="list-style-type: none"> <li>▶ Abdominal ultrasound</li> <li>▶ CT</li> <li>▶ MRI</li> </ul>	<ul style="list-style-type: none"> <li>▶ laboratory examination</li> </ul>	<ul style="list-style-type: none"> <li>▶ laboratory examination</li> </ul>	<ul style="list-style-type: none"> <li>▶ clinical examination</li> </ul>