



# FEDFACTS

## Federal Employee Program News

### Use Men's Health Month to evaluate your health

June is Men's Health Month – a great time for men to review their preventive care strategy. For individuals assigned male at birth, it's important to have annual wellness exams after the age of 21.

During this visit, the doctor examines the patient's overall health by checking blood pressure, listening to the heart and lungs, and looking at the ears and throat. Annual wellness exams also provide an opportunity to have a prostate exam and a testicular exam, looking for signs of cancer or other concerns, such as prostate enlargement. And remember, there is no cost for preventive care visits when a member sees a Preferred provider.

Here are some cancer screenings a healthcare provider may recommend:

#### Colorectal cancer screening

Since colorectal cancer usually starts with growths called polyps in the colon, some screening exams look for them. The goal is to find them – and remove them during the exam – before they turn into cancer or while they're still precancerous.

#### Prostate cancer screening

Prostate cancer is the second most common cancer in men. A doctor can recommend which tests a patient should have and how often to get them.

#### Lung cancer screening

Lung cancer is the deadliest cancer in men. Smoking is a big reason, so people should get a screening test if they have a long history of tobacco use. The Blue Cross and Blue Shield Federal Employee Program developed a [Tobacco Cessation Quick Reference Guide](#) to help lead people to a tobacco-free future.

#### Health tips

- Get regular screenings: In addition to cancer screenings, these include [blood pressure](#) (every three to five years) and cholesterol (as recommended).
- Be active: Adults should do at least 2.5 hours of moderate-intensity physical activity a week.
- Get enough sleep: Aim for at least seven to eight hours
- Eat better foods: Try to eat more fruit, vegetables, legumes, nuts and whole grains.
- Reduce alcohol use: Limit alcohol to one drink a day or less.
- Don't use tobacco: Quit or don't start smoking.
- Get your shots: Stay up to date on vaccinations.



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