

# MALE 'WOF'

You have your car checked regularly, why not check your body too?

Early detection of disease may prevent more serious problems from arising. If you have a family history of illness or do not see a GP on a regular basis then it is recommended that you have regular health check ups.

The contents of the following Male "WOF" checklist are meant only as a guideline only. Tests and screening procedures that you may need will depend upon your individual risks, your age, and your family history. Talk to your GP and find out what is needed to maintain your health. Some of the checks are things you can do yourself.

Don't wait until symptoms are present—practice preventative health. You owe it to yourself and your family.

The information contained herein is for use as a guideline only and is based on material generously provided to us by Freemasons New Zealand following their very successful Men's Health seminars last year. The Brotherhood Ride for your Life thanks Freemasons New Zealand for their assistance.

**Keep this personal 'service record' up to date, and take it with you to your annual 'WOF'.**

<b>BODYWORK:</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>
HEIGHT					
WEIGHT					
BODY MASS INDEX					
WAIST TO HIP RATIO					
<b>MAINTENANCE:</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>
COLORECTAL					
PROSTATE					
DENTAL					
STD/HIV					
TESTICULAR					
SKIN CANCER					
<b>OPERATING:</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>
GLUCOSE					
CHOLESTEROL					
BLOOD PRESSURE					
BODY FAT					
PSA					

# MALE 'WOF' CHECKLIST

## 18-39 YEARS

### ISSUES THAT MIGHT BE RELEVANT:

- Early stage heart disease, blood pressure & stroke
- Smoking
- Injuries
- Relationship difficulties
- Drug & Alcohol issues
- Overweight
- Testicular Cancer
- Skin Cancers such as Melanoma
- Mental health & wellbeing
- Premature Ejaculation

### YOUR HEALTH CHECK MAY INCLUDE:

- Smoking cessation.
- Physical exam by your GP every two years, including blood pressure checks, height and weight.
- Cholesterol (test for cardiovascular disease). Baseline reading in your 20s with follow-up tests as recommended by your GP.
- Prostate check if you have a family history.
- Fasting blood glucose (to test for diabetes) if you have high blood pressure, high cholesterol, or a family history of diabetes.
- Skin exam every year especially for those who have a high exposure to the sun and other risk factors.
- Dental exam and cleaning every year.
- Self-examination of testicles for lumps.
- Immunisation review every ten years.

## 40-49 YEARS

### ISSUES THAT MIGHT BE RELEVANT:

- Heart disease, high blood pressure & stroke
- Smoking
- Diabetes
- Drug & Alcohol issues
- Overweight
- Respiratory illnesses and Lung Cancer
- Skin Cancers such as Melanoma
- Mental health & wellbeing
- Erectile difficulties

### YOUR HEALTH CHECK MAY INCLUDE:

- Smoking cessation.
- Physical exam by your GP every year, including blood pressure checks, height and weight.
- Regular cholesterol screening (test for cardiovascular disease) at least every five years or at your GP's discretion.
- Prostate check if you have a family history.
- Fasting blood glucose (to test for diabetes) if you have high blood pressure, high cholesterol, or a family history of diabetes.
- Skin exam every year especially for those who have a high exposure to the sun and other risk factors.
- Dental exam and cleaning every year.
- Self-examination of testicles for lumps.
- Immunisation review every ten years.

## 50-64 YEARS

### ISSUES THAT MIGHT BE RELEVANT:

- Heart disease, high blood pressure & stroke
- Smoking
- Diabetes
- Drug & Alcohol issues
- Overweight
- Respiratory illnesses and Lung Cancer
- Bowel Cancer
- Prostate Cancer
- Testicular Cancer
- Skin Cancers such as Melanoma
- Mental health & wellbeing
- Erectile difficulties

### YOUR HEALTH CHECK MAY INCLUDE:

- Smoking cessation.
- Physical exam by your GP every year, including blood pressure checks, height and weight.
- Regular cholesterol test (for cardiovascular disease) at least every five years or at your GP's discretion.
- ECG (heart trace) every three to five years as recommended by your GP.
- Test for diabetes (fasting blood sugar) at least every three years.
- Testing for bowel cancer may be recommended by your GP.
- Prostate checks to test for prostate cancer as recommended by your GP.
- Skin exam annually as part of the physical exam (screening for skin cancer).
- Bone density test if recommended by your GP.
- Eye vision test annually.
- Dental exam and cleaning every year.
- Immunisation review every ten years.

## 65+ YEARS

### ISSUES THAT MIGHT BE RELEVANT:

- Heart disease, high blood pressure & stroke
- Diabetes
- Drug & Alcohol issues
- Overweight
- Respiratory illnesses and Lung Cancer
- Bowel Cancer
- Prostate Cancer
- Testicular Cancer
- Skin Cancers such as Melanoma
- Mental health & wellbeing
- Erectile difficulties

### YOUR HEALTH CHECK MAY INCLUDE:

- Physical exam by your GP every year, including blood pressure checks, height and weight.
- Cholesterol test every year at your GP's discretion (for cardiovascular disease).
- ECG (heart trace) every three to five years as recommended by your GP.
- Test for diabetes (fasting blood sugar) at least every three years.
- Testing for bowel cancer may be recommended by your GP.
- Prostate checks to test for prostate cancer as recommended by your GP.
- Skin exam annually as part of the physical exam (screening for skin cancer).
- Bone density test if recommended by your GP.
- Flu shot & Eye vision test annually.
- Hearing screen every two years.
- Pneumococcal pneumonia vaccination if recommended by your GP.
- Dental exam and cleaning every year.