

Title:

Common Health Blunders Made By Doctor Averse Men

Word Count:

286

Summary:

Men aren't the only ones making health blunders. Women run to the doctor all the time. Nonetheless

Keywords:

weight, weight loss, men, men's health, health advise, health mistakes, health mistakes by men

Article Body:

Men- it's time to take care of your bodies! Most of you take better care of your cars than you

What can all this neglect lead to? Here's some major health errors men tend to make:

- \* Denying the obvious. Blood in the stool, weird rashes or moles, sudden thirstiness.
- \* Denying even something as serious as a heart attack. When the signs of a heart attack appear.
- \* Not getting a prostate exam because it's unpleasant. A digital rectal exam is a screening test.
- \* Not being examined for colon cancer. Most men should have a colonoscopy starting at 50 and continuing every 5 years.
- \* Not being aware of testosterone levels. Experts recommend getting serum testosterone blood tests.
- \* Not checking yourself for testicular cancer. Strikes younger men, 15 to 35.
- \* Eating an unhealthy diet. Fat intake should be maximum 10% of your diet.
- \* Hiding depression. Ask for help, treatment is often very successful.
- \* Smoking. Your doctor can give you a regimen to quit.

No- you don't have to wait for something to fall off before you go to the doctor. Take these steps

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