



Health Tips for Men in their 60s, 70s, and Beyond

Maintaining a healthy lifestyle is important as men age, and after retirement there's more time to spend on "you"—so take advantage of it. Also, studies show that those who have a positive outlook on aging live longer and are more inclined to take responsibility for their health.

1. Don't Overlook Important Nutrients

There are some key nutrients that tend to be in shorter supply as men age, and sometimes taking supplements to make up for nutrients that aren't absorbed from food as easily is recommended. Some key vitamins and nutrients to focus on include: vitamin B12, folate/folic acid, calcium, vitamin D, potassium, magnesium, omega-3 fats, and fiber.

2. Stay Sharp

Brain function tends to decline as you age, lowering the levels of neurotransmitters and receptors that affect mood, motivation, and memory. Find something to do every day that keeps your brain stimulated. This can include reading, crossword puzzles, or even brain stimulating apps on your phone or tablet.

3. Stay Active

You don't have to go out and run a marathon, but keeping yourself active throughout your lifetime is one of the best ways to ensure a long, healthy life. Lift weights to keep bone and muscle mass up, do cardio to keep your heart healthy, and strengthen your core to help with back pain.

4. Stay Hydrated

Staying hydrated as men get older can become more difficult, even though fluid requirements are the same for older adults as they are for younger adults. With age, the body starts to lose the ability to detect thirst. Also, if prostate issues are present, urinary incontinence may be a concern—which makes drinking water less desirable. Dehydration increases

the risk of falls, urinary tract infections, and more—so focus on getting the recommended eight 8-ounce glasses of water per day.

5. Get Important Screenings

By now, you should have a primary care physician (PCP) who has established your baselines for weight, blood pressure, cholesterol levels, and thyroid—and checks them annually.

- **Prostate health**—as part of your regular annual exam, your physician will check your prostate health with both a digital rectal exam, and a blood test for prostate-specific antigen (PSA).
- **Testicular self-exams** should be given monthly. If something feels concerning, call your primary care physician.
- **Colonoscopy**—these can be given every 10 years if results are normal.
- **Sexually transmitted infection (STI)** tests and HIV testing are key if you have new or multiple partners.
- **Mole exam**—this can be done monthly as a self-exam and also as part of your routine checkups with your PCP or dermatologist.
- **Bone health**—Get a bone mineral test at least once, and talk to your doctor about whether or not repeat tests are necessary.

Top Health Concerns For Men Over 60

Heart Disease

Heart disease is the number one cause of death in the United States. Ensure that you are seeing your doctor regularly, who will monitor your blood pressure and cholesterol. If you're a smoker, quit now, and be sure that you are drinking alcohol in moderation.

Sexual Function

Men experience a decline in testosterone levels, most commonly in their early 50s, called andropause. This decline in hormones can lead to physical effects, such as lack of energy, lower sex drive, and erections that are less strong. Erectile dysfunction (ED) risk also increases as men age. There are many effective treatments that can include lifestyle changes and medication.

Sensory Decline

As you age, the effectiveness of your eyes, ears, and even nose can decrease. It is important to establish a baseline with your doctor between the ages of 40 and 64, and then make sure to attend the recommended follow-ups. After age 65, it is recommended to have complete eye exams every one to two years and comprehensive ear exams should be done every 10 years.

Other Exams

Oral health—dental exams and cleanings should be done every 6 months.

Immunizations

- Influenza Vaccine—Yearly
- Tetanus/Diphtheria/Pertussis Booster Vaccine (Tdap)—Every 10 years
- Pneumococcal Vaccine—One time only
- Herpes Zoster Vaccine (to prevent Shingles)—One time only

If you don't have a primary care physician, [find a doctor here](#), or call 1-888-996-9644.

