



# Men owe it to and their families annual physical

**THERE IS NOTHING MORE IMPORTANT** than good health. Men owe it to themselves and their families to take good care of themselves and that starts with a real commitment to annual medical checkups.

“Today, most physicians strongly stress the importance of annual medical checkups and healthcare monitoring to protect men from developing serious health problems later in life,” explains Eric Eisenberg, MD, a primary care physician who is board-certified in internal medicine.

Pius Ogagan, MD, a primary care physician who is also board-certified in internal medicine, adds, “Most men, between the ages of 30-50 feel invincible, in shape and certain they have no overt health problems. Annual checkups catch many diseases in the early stage before they become more serious. It is good preventive medicine and common sense. It doesn’t take much to screen and perform routine tests, especially if you catch a disease in the beginning stages.”

Both physicians encourage men to select a physician who will listen to them and they’ll feel comfortable discussing their health with. Patients should understand that physicians have heard it all before so there is no reason to be hesitant about addressing any medical concerns with them.

Drs. Eisenberg and Ogagan are members of Hallmark Health Medical Associates, Inc., (HHMA), a distinguished medical group of nearly 50 board-certified physicians that includes internal medicine, surgeons, endocrinologists and other specialists who are well trained to address male health concerns. HHMA physicians have been educated at the best medical schools and teaching hospitals and have a solid reputation for providing a high level of personalized care and concern to male patients.

# themselves families to have an

Many of these physicians are accepting new patients and will set up appointments promptly.

If patients need specialized care and advanced treatment and testing, Hallmark Health's Melrose-Wakefield Hospital and Lawrence Memorial Hospital of Medford are just minutes away. HHMA physicians have modern offices designed for patient comfort, clinical quality and are conveniently located in Malden, Melrose, Medford, Reading, Revere, Saugus, Somerville, Stoneham and Woburn. All of these offices offer plenty of free parking and accept most health insurance plans.



Eric Eisenberg, MD (I), and Pius Ogagan, MD, are board-certified primary care physicians with Hallmark Health Medical Associates, Inc.

## **i** For more information

For more information on Hallmark Health Medical Associates, Inc., visit [www.hallmarkhealth.org](http://www.hallmarkhealth.org) to search our on-line physician directory or call (800) 540-9191.



## Men's health checklist

### ✓ Physical exam

Physical exams check your overall health. They also allow you to discuss any health concerns you may have with your physician. Consult with your physician to determine how often you should receive this exam.

### ✓ Body Mass Index (BMI)

This test should be conducted during your physical exam to screen for obesity.

### ✓ Blood pressure

Have your blood pressure checked regularly to help you control your blood pressure before it causes any serious problems.

### ✓ Cholesterol

Have your cholesterol checked regularly starting at the age of 35. If you have diabetes, high blood pressure, if you smoke or if high cholesterol runs in your family, check with your doctor about getting checked before the age of 35.

### ✓ Diabetes

If you have high blood pressure or high cholesterol you should be checked for diabetes.

### ✓ Blood tests and urinalysis

These tests screen for various illnesses before you start to experience symptoms. Ask your physician how frequently you should be tested.

### ✓ EKG

Electrocardiograms test for heart issues. These tests usually begin when you turn 30. Ask your physician how often you should have an EKG after your base line test.

### ✓ Rectal exam

These exams screen for rectal issues, colon and prostate cancer.

### ✓ Sexually Transmitted Diseases (STDs)

If you feel you are at risk of having a sexually transmitted disease (STD), you should consult your physician to determine which tests are appropriate.

### ✓ Self-testicular exam

You should perform these self-exams and look for lumps.

### ✓ Self-breast exam

Men can be at risk for breast cancer and should check their breasts regularly for any unusual lumps.

### ✓ Self-skin exam

Be alert for any abnormal or changing moles or freckles. It can help you catch skin cancer at an early stage.

### ✓ Fecal occult blood test

This test examines stools to check for blood that can be an indication of polyps or colon cancer.

### ✓ Colorectal exam

This test checks for colorectal cancer and polyps.

### ✓ Chest X-ray

If you are a smoker you should have this test to check for lung cancer.

### ✓ Abdominal Aortic Aneurysm

If you smoke, you should be checked between the ages of 65 and 75 to determine if you have an abnormally large or swollen blood vessel in your abdomen.

This is a general list of potential health problems and is not personalized to your specific health conditions. If you have any concerns about your health, please consult with your physician.