



Men's Health

Carl Willeford, Jr., MSN, FNP-C, will be glad to conduct an annual wellness exam each year. The costs of annual wellness exams are covered completely by most insurance companies because they help to identify potential issues and conditions before they can become major health concerns. If you have a concern whether your insurance provider will pay for your annual wellness exam, contact them by phone or online.

The goal of an annual men's health exam is to stay healthy and prevent disease. The only way to protect yourself from chronic disease is to find it at an early stage while you can still take steps to prevent it from becoming a serious health problem, and the only way to identify early signs is with an annual physical exam.

Besides the standard annual wellness exam protocol, men may need additional examinations which includes several items, and may include

- Testicular and prostate cancer screening
- STD testing
- Heart disease screening
- Diabetes screening
- Colon cancer screening
- Skin cancer screening
- Immunizations

What is specialized health care available for men's health?

The best thing about an annual exam is that it's your time to talk with your doctor about any health issue you may have, whether it's related to weight loss, dietary supplements, or finding ways to eliminate stress.

Some of the most common health issues men ask about include:

Low testosterone and erectile dysfunction

Studies indicate the levels of testosterone naturally decline as a man ages, declining by about 1% a year after the age of 40. Low testosterone is treatable, but, as long as it goes undiagnosed, you may experience:

- Reduced sex drive
- Fewer spontaneous erections
- Weight gain
- Loss of muscle mass and strength
- Osteoporosis
- Insomnia
- Fatigue