

# SENIOR MEN'S HEALTH ISSUES

CAREGIVERS



Top 10 Men's Health Issues

*Aging affects everyone differently, but some issues affect men more than women. Senior men should be aware of these 10 health problems in order to prevent and manage health risks. ([MedicineNet](#))*

## Ten Health Problems Senior Men Face

**Aging men are at increased risk of the following ten health problems:**

### 1 Liver Disease

Cirrhosis, alcoholic liver disease, and hepatitis B are all risks for senior men.

### 2 Cardiovascular Disease

One in three men has a form of cardiovascular disease. Many men are at risk of heart attack, stroke, and hypertension.

### 3 Respiratory Disease

Lung cancer is a risk for men, especially those exposed to smoke, asbestos, and other hazards.

### 4 Alzheimer's Disease

Memory-related diseases like Alzheimer's can impair men's decision-making abilities and considerably increase health risks.

### 5 Unintentional Injuries

Accidents that occur during work, physical labor, exercise, and other activities can be dangerous for senior men, especially those with health conditions that may decrease bone strength.

### 6 Diabetes

Type 2 diabetes is a risk for senior men, which, if unmanaged, can have serious side effects like heart problems or circulation issues that cause a need for amputation.

### 7 Skin Cancer

Men older than 50 are at an elevated risk of developing skin cancer and are twice as likely as older women to get the disease.

### 8 HIV/AIDS

Sexually active senior men can contract HIV/AIDS and should practice safe sex.

### 9 Prostate Cancer

One of the most common cancers among men is prostate cancer. When this cancer is caught early, it is quite treatable.

### 10 Influenza/Pneumonia

Aging diminishes the immune system, making seniors more susceptible to contagious diseases like the flu or pneumonia.

([Clinical Advisor](#))



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## Screenings for Aging Men

To maintain good health as seniors, men should get screenings as recommended by medical professionals. Examples of annual checkups and screenings that are recommended for men over 65 are:

- Abdominal Aortic Aneurysm
- Diabetes
- Cholesterol levels
- Blood pressure
- Fecal occult blood (stool-based) test
- Fecal immunochemical test (FIT)
- Lung cancer screening (for those who regularly smoked in the past 15 years)
- Dental exam
- Eye exam
- Hearing test

Men should also have a colonoscopy performed every ten years and be screened for conditions they may be prone to due to genetics or lifestyle, like osteoporosis.

([Medline Plus](#))



### Home Care Tip

Depression and anxiety can affect senior men, even though men are less likely to report symptoms than women. Loved ones should talk to aging men if they notice symptoms of these conditions, which can be harmful to a man's health.

([WebMD](#))

## Healthy Living Tips for Men

A healthy lifestyle for senior men involves:

- Eating a diet rich in fiber, lean protein, vitamins, minerals, and whole grains
- Participating in regular physical activity
- Socializing with others
- Getting recommended shots annually
- Exercising the brain
- Using sunscreen

([Health In Aging](#))

## Top Prevention Strategies

To avoid preventable diseases, men should use these strategies:

- Maintain a healthy lifestyle
- Keep up with annual physicals and screening
- Pay attention to symptoms and report any to a doctor
- Manage stress
- Avoid smoking and drinking to excess
- Carefully follow the directions for medications

([Mayo Clinic](#))



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