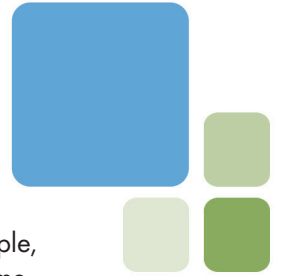


# TEN THINGS TO KNOW ABOUT MEN'S HEALTH



## VACCINES PROTECT YOUR HEALTH

Males ages 9-26 are eligible for HPV vaccines. Adults at risk should be vaccinated against hepatitis B. Learn more about which vaccines might be recommended for you.

## CONDOMS ARE KEY

**Condoms** are inexpensive, easy to find and use, and they work. Think of them as more than birth control: **Correct, consistent condom use** reduces the risks of STIs (especially HIV).

## PUT YOURSELF TO THE TEST

**Testing recommendations** for sexually transmitted infections aren't identical for everyone, and not all men need the same tests. **Our testing guide** will give you insight for talking with your healthcare provider.

## HAVE HEALTHY RELATIONSHIPS

**Relationships** are a two-way street. Give your partner—and insist they give you—respect. Learn more about healthy relationships, including **how to communicate**.

## THE BALLS ARE IN YOUR COURT

Testicular exams aren't just for the doctor's office—there's an **at-home version** of "Turn your head and cough!" **Self-exams** can alert you to any changes within your testicles that might need attention. DIY!

## PROSTATE HEALTH

Around age 50, men should talk with their healthcare providers about **prostate cancer testing**. Have the chat a few years earlier if you have a family history of the disease.

## SEXUAL FUNCTIONING

Sexual difficulties are more common as men age. Erectile dysfunction, for example, affects about half of men over 40 to some degree. It's important to talk to a healthcare provider about any sexual problems, not only to get help in resolving them, but also because such difficulties can often be the first sign of an underlying medical condition.

## KNOW ABOUT BIRTH CONTROL OPTIONS

There's more to think about than just condoms and the pill. Learn about different **birth control options**—and the pros and cons of each.

## FIND THE RIGHT PROVIDER FOR YOU

Your relationship with **your healthcare provider** is one of the most important you'll have. Ask them anything. Remember that no matter what you say, they've heard it all before.

## THERE'S ALWAYS MORE TO LEARN

What you learned in high school is not enough. You'll change over your lifespan, so there will be new things to explore, and new challenges to meet. When life throws you a **physical** or **emotional** curve ball, be ready to find the help and answers you need. Don't just survive, thrive!



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