



# MEN'S HEALTH

is Sacred



## MEN'S HEALTH FACTS

- Native American men in the Great Plains four-state region (North Dakota, South Dakota, Nebraska, Iowa) are **less likely to get vaccinated than Native women**. Vaccines are safe and effective.
- Syphilis and HIV cases have been **increasing at an alarming rate amongst Native American men in the Great Plains Area**. Syphilis and HIV can be prevented and treated through check-ups and testing.

## MEN'S HEALTH CHECKLIST

*The list below can be used to make sure you are getting proper preventative health care. Talk with your local Tribal Health facility or your provider for more information.*

### Screening and other Preventative Services

**Done**

Alcohol misuse screening and counseling	<input type="checkbox"/>
Blood pressure screening	<input type="checkbox"/>
Cholesterol screening	<input type="checkbox"/>
Colorectal and prostate cancer screening (for men over 50)	<input type="checkbox"/>
Depression screening	<input type="checkbox"/>
Diabetes (Type 2) screening (for adults with high blood pressure)	<input type="checkbox"/>
Diet counseling	<input type="checkbox"/>
Hepatitis B screening	<input type="checkbox"/>
Hepatitis C screening (for adults at high risk and those born from 1945-1965)	<input type="checkbox"/>
HIV screening	<input type="checkbox"/>
Immunizations (ask your doctor which immunizations you need)	<input type="checkbox"/>
Lung cancer screening	<input type="checkbox"/>
Obesity screening and counseling	<input type="checkbox"/>
Sexually transmitted infection prevention counseling	<input type="checkbox"/>
Tobacco use screening	<input type="checkbox"/>

SOURCE: [HTTPS://WWW.AHAJOURNALS.ORG/DOI/PDF/10.1161/CIR.0000000000000773](https://www.ahaajournals.org/doi/pdf/10.1161/CIR.0000000000000773)