

Men's Health Screening Package

Provided by AREUFIT Health Services, Inc



PSA Testing

Prostate cancer is the 2nd common cause of cancer death in men. Specimen collection for PSA requires a blood sample via a simple finger prick. The blood is placed on a collection card which is then sent to BIOSAFE Laboratories where a scientist will determine the amount of PSA in the blood.

Blood Pressure

Also known as the silent killer, the US Department for Health and Human Services recommends that all adults over the age of 18 get screened for high blood pressure.

Obesity Screening

Obesity can be assessed in many different ways, depending on the necessity for accuracy. Methods of assessing obesity are body mass index (BMI), waist circumference, waist-to-hip ratio as well as the measurement of percent body fat. According to the NIH, a 20% increase in body weight substantially increases the risk for hypertension, coronary artery disease, lipid disorders, and Type II diabetes.

Cholesterol

Heart Disease is the # 1 cause of death in the United States for men. High cholesterol levels increase the risk of developing Heart Disease. Monitoring blood cholesterol levels often could greatly decrease the amount of preventable deaths each year.

Glucose

Diabetes mellitus is a group of diseases characterized by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can be associated with serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.

PSA TESTING

**BLOOD
PRESSURE**

**OBESITY
SCREENING**

CHOLESTEROL

GLUCOSE