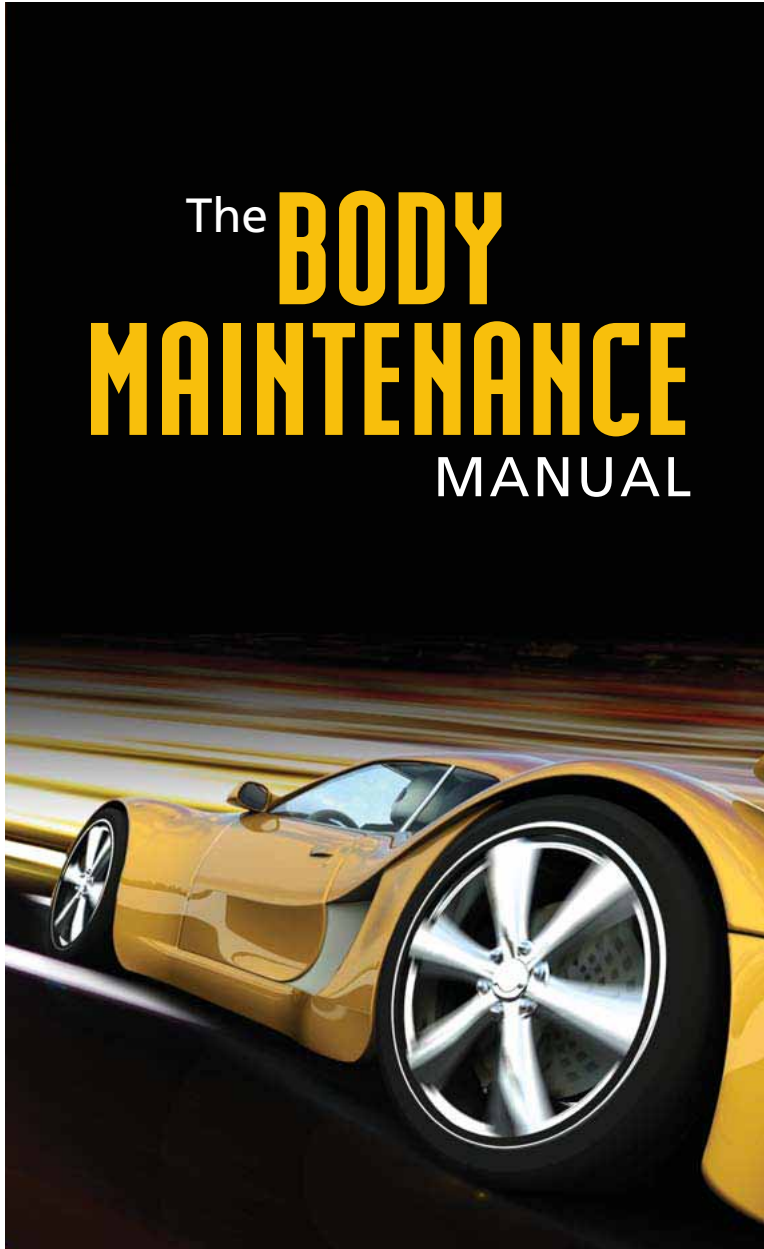


The **BODY**
MAINTENANCE
MANUAL



The **BODY MAINTENANCE** Manual

The Road to a Healthier You

Hey Guys,
Just like an expensive sports car your body is a precision machine. To perform your best, you must service and maintain your body like your car or truck. Put things off and it can be very costly and damaging. Regular checkups and preventive maintenance is a must for your car and your body.

Body Maintenance

This Body Maintenance Manual is your personal tool to keeping your body running its best. This manual is designed for men ages 18-45 years. Use it to record your medical history and tune-ups; and to map out your health goals as you travel to a healthier you.

Check this out, you could keep your Body Maintenance Manual in your glove box and take it with you on your next doctor's visit.

Owners' Information _____

Phone _____ Cell _____

Have a good trip!



1-800-367-2229
NC Family Health Resource Line

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MANUAL CONTENTS

Ready? Know Your Make and Model

Set? Tune-up Schedule

Go! Getting to the Winner's Circle

Important Contacts

Emergency Contact _____

Phone _____

Local Hospital _____

Phone _____

Healthcare Provider _____

Phone _____

Dentist _____

Phone _____

Eye Doctor _____

Phone _____

Other _____

Phone _____

Ready? Know Your Make and Model

VEHICLE HISTORY REPORT

MY BLOOD TYPE

Mark the box with your blood type. Don't know it? Ask your healthcare provider to check it for you when you get your next blood test.

O+ O- AB+ AB- A+ A- B+ B-

A simple blood test can let you know if you or your partner have sickle cell disease or if you can pass the sickle cell trait on to your children. You can be tested for free at your local health department. **Call the NC Family Health Resource Line (1-800-367-2229)** for more information.

Sickle Cell Trait Sickle Cell Disease

MY INJURIES/HOSPITAL STAYS

What Happened and Why?	Date	Hospital/City/State



VEHICLE HISTORY REPORT

Tell your healthcare provider about your family history too.

Self	Family Members
<input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> High Blood Pressure
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Diabetes
<input type="checkbox"/> Heart Disease	<input type="checkbox"/> Heart Disease
<input type="checkbox"/> Stroke	<input type="checkbox"/> Stroke
<input type="checkbox"/> Cancer	<input type="checkbox"/> Cancer (Colon, Breast, Prostate Cancer)
<input type="checkbox"/> Alcoholism	<input type="checkbox"/> Alcoholism
<input type="checkbox"/> Mental Illness	<input type="checkbox"/> Mental Illness

More About You

Do you feel stressed or angry? Yes No

Do you smoke? Yes No

Prescribed medicines I take now:

Allergies:

Set? Tune-Up Schedule

KEEP YOUR ENGINE RUNNING CHECKUPS SHOULD BE DONE AT THE RIGHT TIME

Screening/Activity	Maintenance Schedule	Date
Body Weight/Height	Every checkup	
Blood Pressure (BP) – High blood pressure can lead to heart attack, stroke, loss of sight and kidney damage. High blood pressure usually does not have symptoms or signs. Ask if your blood pressure is "normal" or "high" (140/90 or higher).	Every 2 years starting at age 18	
Cholesterol Test – Cholesterol helps your cells grow. But a high level can put you at risk for heart disease. If your level is higher than 200, ask your healthcare provider what you can do to lower it.	Get cholesterol checked regularly starting at age 35	
Diabetes ("Blood Sugar") Glucose – Tests the level of your blood glucose, or blood sugar. High blood sugar can harm your heart, kidney, nerves, blood vessels and eyes.	As directed by your healthcare provider	



Screening/Activity	Maintenance Schedule	Date
Dental Exam/Cleaning	1 or 2 times a year	
Hearing Test	At 18 then every 10 years	
HIV Test	If you have unprotected sex with multiple partners Or your partner used needles to shoot (inject) drugs or steroids	
Mental Health	Talk with doctor beginning at age 18	
Mole Self-check on Skin	Monthly at age 20 then every 3 years with doctor	
Sexually Transmitted Infections – Talk with doctor before becoming sexually active. If sexually active, get tested for gonorrhea, syphilis, chlamydia and other STIs.	If you have unprotected sex with multiple partners If you develop symptoms	
Testicular Self-exam	Monthly starting at age 18	

Set? Tune-Up Schedule

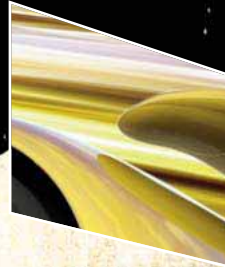


PREVENTIVE MAINTENANCE

Vaccines protect you from some diseases. Ask your healthcare provider which shots you need. Write down the date you get each shot or dose.

Vaccine	Date	Date
Hepatitis A Need 2 doses if you haven't had this vaccine.		
Hepatitis B Need 3 doses if you haven't had this vaccine.		
Influenza (flu shot) Need 1 dose every year.		
Measles, mumps, rubella (MMR) May need 1 or 2 doses depending on when you were last vaccinated for MMR.		
Tetanus/diphtheria (Td) Or Tetanus/diphtheria/pertussis (Tdap) After 18 years get a Td booster every 10 years.		
Varicella (chicken pox vaccine) Need 2 doses if you haven't had chicken pox or this vaccine.		

Go! Getting to the Winner's Circle



SEXUAL DRIVE

If you change the oil, maintain proper fluid levels and have regular maintenance checks, then your car will last and perform well. A man who takes care of his body can do the same.

DID YOU KNOW?

- ▼ Low testosterone can cause low sex drive, poor or no erections, low sperm count, hot flashes, bad temper, lack of focus and being depressed.
- ▼ Some medical conditions and drugs can cause low testosterone. Talk to your doctor about your problems.
- ▼ Men with Type 2 diabetes can have lower testosterone levels than men without diabetes. If managed well, diabetes should not interfere with sexual performance.
- ▼ Morphine and steroids can also cause problems. Talk to your doctor about their side effects.

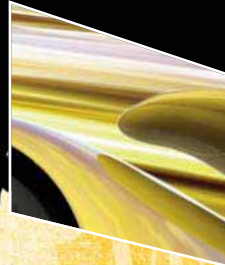
Female Mechanics. You may crash when you hear that getting caught up in the moment means you're now going to be a father. Aside from condoms, women have birth control options you need to know about.

- pills, patch or shots
- vaginal and uterine inserts – ring, IUD, diaphragm
- Implanon – inserts in their arm

Women get their tubes tied and men can have a vasectomy.

How many passengers? Are you having unprotected sex? If you are, you could become a dad. Are you ready? Do you use condoms? Can you say no?

Go! Getting to the Winner's Circle



GENTLEMEN START YOUR ENGINES!

If you are carrying extra pounds, you are not alone. But this is one time where following the crowd is not a good idea. Extra weight and belly fat are risky! Men who have that spare tire are more at risk than others for health problems.

DO YOU HAVE A SPARE TIRE, EXTRA BELLY FAT?

HOW DO YOU GET RID OF THAT SPARE TIRE?

GET OUT OF THE PIT and REV UP THE MUSCLES!

YOUR BODY NEEDS TO MOVE AT LEAST:

- 30 minutes a day, 5 days a week
- Or*
- 20 minutes a day, 3 days a week
- And*
- Do strength training for muscles

Fact: Heart Disease – #1 killer for black and white men

HEALTH TIPS

PROTECT THE PARTS!

- Wear a cup
- Wear a condom

KEEP YOUR FILTERS CHECKED!

- If you have an itch, drip or fire you could have jock itch a fungal infection or a sexually transmitted infection
- Don't spin out and crash. Get checked out!

BODY FUEL

Down Size not Super Size!

Put in the best quality fuel to get a better response, run better and need less care.



- Eat healthy
- Skip the fried foods
- Skip the salt
- Cut the saturated fats
- Ease up on the drinking
- Drink water

HEALTH TIPS



DON'T WRECK YOUR BODY!

Avoid tobacco, smoking, chewing, dipping, secondhand smoke and illegal drugs.



ROADSIDE ASSISTANCE
1-800-367-2229

Have a good trip!

Be street smart!

