

Men's Health



Health issues can creep up on us, keeping us from doing what we love most. You can take concrete steps to help prevent the complications of male health issues. Pacific Medical Centers has a team of cardiologists, urologists, gastroenterologists and other specialists who focus on treating conditions that affect men, from sexual problems to heart disease to prostate and colon cancer screenings.

Health Services and Screenings

At PacMed,[™] we've found that our patients enjoy our multi-specialty network because of the collaboration that occurs between them and their health-care team. We offer comprehensive services and strong partnership across specialties.

Here are some of the routine screenings that we offer specifically to men. You and your provider may decide there are additional screenings that are right for you.

Starting at age 18+

- Routine physical exams
- Blood pressure checks

Starting at age 20+

- Cholesterol checks

Starting at age 40+

- Eye exams

Starting at age 45+

- Diabetes screenings

Starting at age 50+

- Skin cancer screenings
- Colorectal cancer screenings

Starting at age 55+

- Prostate cancer screenings

Note: You may need to test more often if your family has a history of illness.

PacMed's MyChart

PacMed's MyChart is your secure, online health connection.

With MyChart, you can view your medical records, message your health-care team, make an appointment and see your test results.

For more information, visit us at www.PacMed.org/MyChart.

Excellent Access

- Flexible primary care appointments
- Doctors who can see you on the weekend
- In-person and secure Zoom virtual visits available



For more information, call us at [1.888.4PACMED \(1.888.472.2633\)](tel:18884PACMED) or visit us online at www.PacMed.org.



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Considering a Vasectomy?

If you are uncomfortable with the idea of a vasectomy, your PacMed doctor can discuss the facts and answer your questions. This permanent, surgical procedure provides permanent birth control for men. It is a safe and effective procedure that has satisfied male patients and their partners all over the world.

Our urologists use a no-scalpel technique, which means a smaller incision. It takes just 20 minutes, and you'll be back to your normal activities in a week. If you and your partner are ready for permanent birth control, vasectomy should be at the top of your list of options.

PacMed offers weekend vasectomy clinics. You can get the pre-vasectomy consultation and the procedure in one convenient appointment.

Regular Health Maintenance

Immunizations and screenings are easy to forget, yet they are a vital part of leading a healthy life. You'll find that not only are our doctors experts in their respective fields--they also understand you and your life.

Your situation may differ, so talk with your provider about these health measures.

Screenings

Cardiovascular Disease Screening

- Cholesterol
- Blood pressure
- Heart rhythm (atrial fibrillation)
- Peripheral arterial disease
- Stroke risk
- Cardiac risk
- Abdominal aortic aneurysm

Digestive Disease and Colorectal Cancer Screening

- Colonoscopy
- Motility (digestive system)
- Hemorrhoids
- Heartburn

Urological Problems and Prostate Cancer Screening

- Prostate-specific antigen
- Erectile dysfunction
- Enlarged prostate

Immunizations

- Substitute Tdap (tetanus, diphtheria, pertussis) one time for adults, then tetanus and diphtheria (Td) booster every 10 years.
- Flu shot every year.
- Zoster (shingles) vaccine once at age 60 or above.
- Pneumococcal (Pneumovax) vaccine at age 65.

Regular Exams

Regular physical and eye exams are the best way to maintain good health. During the exams, discuss health concerns you have with your physician, and get screened for potential health problems.

Pacific Medical Centers and its Affiliates do not discriminate on the basis of race, color, national origin, sex, age, or disability in their health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電888-311-9127 (TTY: 711)