

[IMAGE]

## No Time Like the Present

By Editorial Staff

A recent survey conducted by the American Academy of Family Physicians questions whether men are as healthy as they think they are. Of the 2,282 men and women who participated in the survey, results indicate that men, in particular, put off doctor visits and don't take adequate health precautions. According to the survey:

- More than half (55%) of the men hadn't had a physical exam within the past year.
- Four in 10 (42%) men had been diagnosed with at least one chronic condition, from high blood pressure (28%), heart disease (8%) and arthritis (13%) to cancer (8%) and diabetes (10%).
- Almost one in five men (18%) age 55 and up never received the recommended screening for colon cancer.
- More than one in four men (29%) said they wait "as long as possible" before visiting their doctor when they have health concerns, pain or illness.

A Wall clock. - Copyright â Stock Photo / Register Mark Despite these facts, as well as reports that men spend an average of 19 hours a week watching television, almost 8 in 10 men (79%) described their health as "Excellent," "Very Good" or "Good." Given that just slightly more than one-third (38%) of men exercise on a regular basis and almost three out of four (71%) men are overweight, the message is clear: There's no time like the present. Make an appointment to see your doctor today!

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