

# Men's Health Checklist



Everyone should pay attention to what their body is telling them. This handy checklist focuses on health issues of particular relevance to men. Use it to check your current health or complete and discuss it with your doctor.

<p><b>1. Have you ever been told by a doctor that you have:</b></p> <ul style="list-style-type: none"> <li>• high blood pressure or hypertension? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>• high cholesterol? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>• heart problems? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>• diabetes? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> </ul>	<p><b>4. Have you discussed prostate tests and examinations with your doctor?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p><b>2. Have you ever had:</b></p> <ul style="list-style-type: none"> <li>• a heart attack? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>• a stroke? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>• lower abdominal or pelvic surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>• a spinal cord injury? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> </ul>	<p><b>5. Have you noticed any lumps, spots or skin changes anywhere on your body?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No</p>
<p><i>If you answered Yes to any of the above, discuss a schedule of regular checks appropriate for you, with your Doctor.</i></p>	
<p><b>3. Do you</b></p> <ul style="list-style-type: none"> <li>• currently smoke? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>• have more than 4 alcoholic drinks a day? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>• exercise less than 3 times weekly? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> <li>• experience stress or anxiety at work or in your relationship? <input type="checkbox"/> Yes <input type="checkbox"/> No</li> </ul>	<p><b>6. During sexual activity:</b></p> <ul style="list-style-type: none"> <li>• is your erection firm enough? <input type="checkbox"/> Yes <input type="checkbox"/> Sometimes <input type="checkbox"/> No</li> <li>• does your erection weaken too quickly? <input type="checkbox"/> Yes <input type="checkbox"/> Sometimes <input type="checkbox"/> No</li> </ul>
<p><b>7. If you experience erection problems, does this affect your relationship with your partner?</b> <input type="checkbox"/> Yes <input type="checkbox"/> Sometimes <input type="checkbox"/> No</p>	
<p><b>8. If you were to spend the rest of your life with your sexual function the way it is now, would you be satisfied with that?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No</p>	

Erection problems can be related to other health conditions so if you have any concerns it is important to see a doctor. Many health problems can be dealt with simply and promptly. The key is to identify them early.

Look after your health. Enjoy life. Keep a regular health watch regime.

This checklist has been prepared by Eli Lilly & Company (NZ) Ltd, manufacturers of Cialis®, in the interests of men's health and well-being.

Cialis® is a PRESCRIPTION MEDICINE for the treatment of erection problems in men. A charge applies, you will need to pay for this medicine. Consult your doctor if Cialis is right for you. Normal doctor's fees will apply. Sexual stimulation is required for Cialis to work. Do not use when taking nitrates for angina or where there is known heart disease like heart failure or heart rhythm disturbances, low or uncontrolled blood pressure. Use with caution when taking alpha 1 blockers such as doxazosin. Caution in kidney or liver disease or conditions which predispose to persistent erection of the penis like certain blood disorders. Not to be used by women. Possible side effects are headache, indigestion, back & muscle pain, blocked nose, flushing and dizziness. Use strictly as directed and if symptoms persist or you have side effects see your doctor. Contains tadalafil 10 & 20mg. Maximum daily dose 20mg. For further product information check [www.medsafe.govt.nz](http://www.medsafe.govt.nz) or call 0800 36HOURS. Eli Lilly, Auckland. TAPS PP1205 H&T ELI0215

