

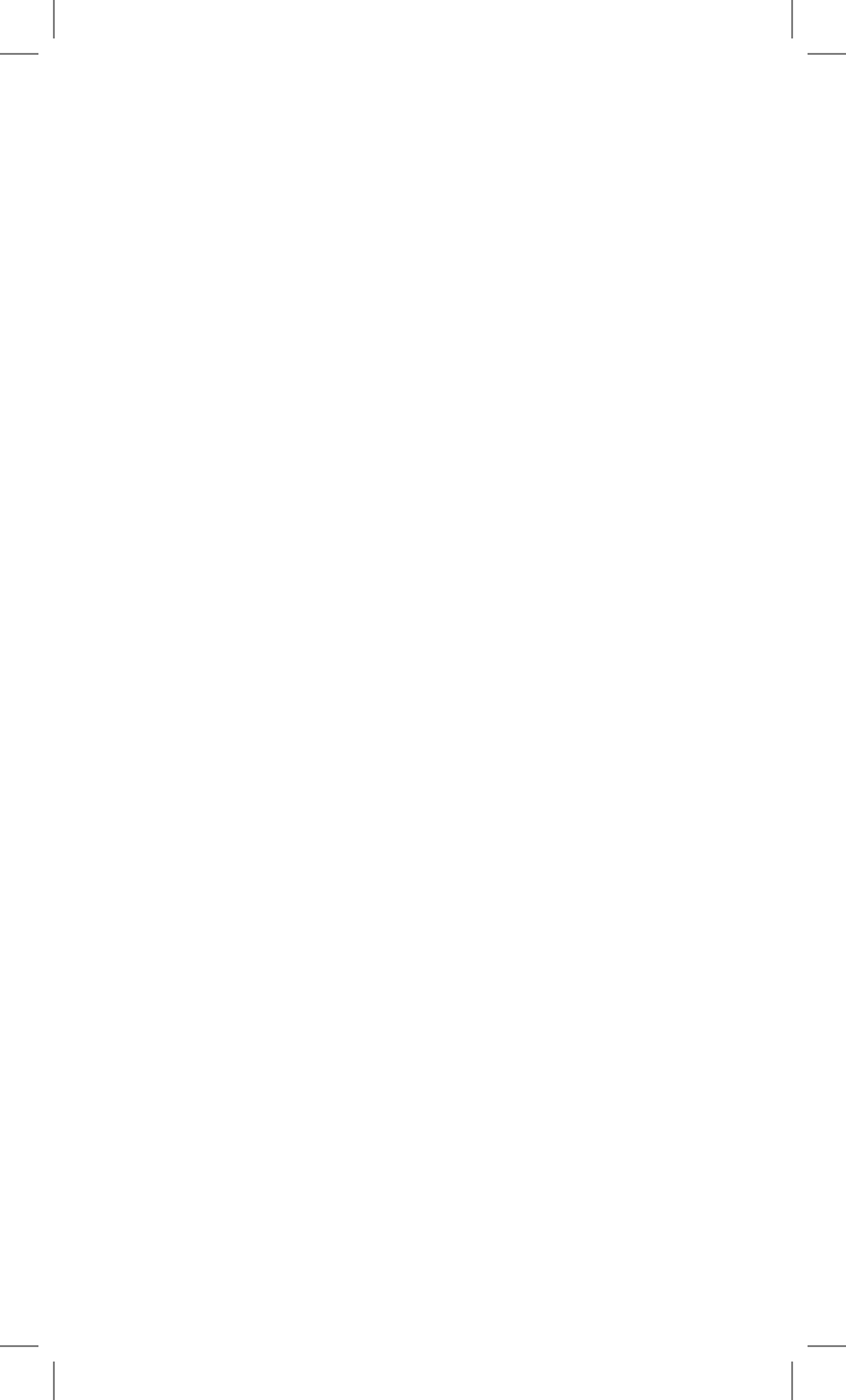


JOHNS HOPKINS
SCHOOL of NURSING

MEN'S HEALTH PASSPORT



NAME _____



A MESSAGE TO...

...THE OWNER OF THIS HEALTH PASSPORT:

This book was made to help you manage your health. It gives tips to help you live a healthy life and a place to keep your medical information. Bring this book to each and every medical appointment and show it to your nurse or health care provider so he/she can record your information (such as blood pressure, medicines prescribed, and future appointments). If you have questions about anything in this book, ask your nurse or provider — they are there to give you answers — but they cannot give you answers if you do not ask the questions!

...THE NURSE:

Patients look to you to prioritize their health issues and determine what is critical to their health. This booklet can help you quickly identify gaps in care so you can educate, refer and advocate for your patients' health care needs. Please review the monitoring, medical records and follow-up, screening, and health promotion tips with your patient and assist him or her in receiving the appropriate treatment.

...THE HEALTH CARE PROVIDER:

The Health Passport was designed for patients managing several complex medical issues and who typically see multiple providers. This book provides a way to consolidate and organize patients' medical information. Its purpose is to promote patient-provider communication, reinforce standards of care, and to promote screening and preventive care. Since you are likely one of several health care providers for this patient, please take a moment to review the items inside, address the appropriate topics, and record the discussions and actions that took place between you and your patient.

AT QUICK GLANCE

HEALTH INSURANCE

Company Name: _____

Customer Service #: _____

Policy #: _____

Group #: _____

Effective Date: _____

Expiration Date: _____

PRIMARY CARE PROVIDER

Name: _____

Number: _____

Address: _____

Hospital: _____

OTHER HEALTH CARE PROFESSIONAL

Name: _____

Number: _____

Address: _____

DENTIST

Name: _____

Number: _____

Address: _____

PHARMACY

Name: _____

Number: _____

Address: _____

OTHER HEALTH CARE PROFESSIONAL

Name: _____

Number: _____

Address: _____

IMMUNIZATION RECORD

Childhood Vaccine	Date	Booster Needed	Booster Date
Mumps			
Measles			
Rubella			
Chicken Pox			
Polio			
DTP (Diphtheria/Tetanus/ Pertussis)			
Adult Vaccine	Date	Booster Needed	Booster Date
Tetanus (Every 5-10yrs)			
Hepatitis A			
Hepatitis B			
Pneumonia			
HPV			

SCREENING TESTS: WHAT YOU NEED AND WHEN

Obesity: Have your body mass index (BMI) calculated to screen for obesity. (BMI is a measure of body fat based on height and weight.)

Prostate Cancer: Have a prostate exam starting at age 40. Discuss with your doctor how often they should occur after this.

Testicular Cancer: A testicular self-exam (TSE) is an easy way for men to check their own testicles to make sure there aren't any unusual lumps or bumps — which can be the first sign of testicular cancer. Try to do a TSE every month so you become familiar with the size and shape of your testicles.

High Cholesterol: Have your cholesterol checked regularly starting at age 45. If you are younger than 45, talk to your doctor about whether to have your cholesterol checked if:

- You have diabetes or high blood pressure
- Heart disease runs in your family.
- You smoke.

High Blood Pressure: Have your blood pressure checked at least every 2 years. High Blood Pressure is between 130-139/80-89 or higher.

Colorectal Cancer: Have a colonoscopy for colorectal cancer starting at age 45-50. If you have a family history of colorectal cancer, you may need to be tested earlier. Free screenings at Hopkins Colon Cancer Program: **410-502-8431**

Diabetes: Have a test for diabetes if you have high blood pressure or high cholesterol. If you have diabetes, your blood pressure should be <130/80 and "bad cholesterol" (LDL) < 100. You need yearly visits to an eye doctor (ophthalmologist) and foot doctor (podiatrist). Wilmer Institute at Hopkins does free diabetic retinopathy screenings for people who are on diabetes medications. **Wilmer: 410-955-3429.** Everyone with diabetes needs to meet with a diabetes educator.

The Joslin Center: 1-888-567-5468 and **Hopkins Diabetes Center: 410-955-7139** are good resources.

Depression: Your emotional health is as important as your physical health. If you have felt "down," sad, or hopeless over the last 2 weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.

Sexually Transmitted Infections:

Every year for men who are sexually active.

HIV: Everyone age 15-65 should have at least 1 test to screen for HIV.

You should talk to your provider about having a screen more often if you:

- Have had unprotected sex with multiple partners.
- Have used or now use injection drugs.
- Exchange sex for money or drugs or have sex partners who do.
- Have past or present sex partners who are HIV-infected, are bisexual, or use injection drugs.
- Are being treated for sexually transmitted diseases.
- Had a blood transfusion between 1978 and 1985.
- Have sex with other men.

SCREENING LOG

Test	Last test (mo/yr)	Results	Next Test Due (mo/yr)	Questions for the Doctor
Vision				
Dentist				
Foot Care				
Prostate				
Testicular				
Colonoscopy				
Diabetes				
STI				
HIV Infection				
TB				
Hepatitis A				
Hepatitis B				
Hepatitis C				

WHAT DOES YOUR BLOOD PRESSURE READING MEAN?

Classification of Blood Pressure				
Category	SBP mmhg (first/top number)		DBP mmhg (Second/ Bottom Number)	Recommendation
Normal	<120	AND	<80	
Elevated	120-129	AND	>80	
High Blood Pressure Stage 1	130-139	OR	80-89	
High Blood Pressure Stage 2	>140	OR	>90	
Hypertension Crisis	>180	AND/ OR	>120	



WHAT DOES YOUR CHOLESTEROL LEVEL MEAN?

Total Cholesterol Level	Category
Less than 200 mg/dl	Desirable level that puts you at lower risk of coronary heart disease. A cholesterol level of 200mg/dl or higher raises your risk.
200 to 239 mg/dl	Borderline high
240 mg/dl and above	High blood cholesterol. A person with this level has more than twice the risk of coronary heart disease as someone whose cholesterol is below 200 mg/dl.
HDL (GOOD) Cholesterol Level	Category
Less than 50 mg/dl	Low HDL cholesterol. A major risk for heart disease.
60 mg/dl and above	High hdl cholesterol. An HDL of 60 mg/dl and above is considered protective against heart disease
LDL(Bad) Cholesterol Level	Category
Less than 100 mg/dl	Optimal
100 to 129 mg/dl	Near or above optimal
130 to 159 mg/dl	Borderline high
160 to 189 mg/dl	High
190 mg/dl and above	Very high
Triglyceride Level	Category
Less than 150 mg/dl	Normal
150 to 199 mg/dl	Borderline high
200 to 499 mg/dl	High
500 mg/dl and above	Very High

WHAT CAN I DO TO LOWER MY CHOLESTEROL AND BLOOD PRESSURE?

- Your daily food should include lots of fruits, vegetables, whole grain bread or cereal, and fat-free dairy products. 100% whole wheat bread is better than white bread. Decrease carbohydrates such as potatoes, pasta, white rice, and white bread to help lose weight. People with diabetes or a family history of it must especially decrease carbs because they make blood sugar levels high.
- Choose lean cuts of meat, trim all visible fat and throw away the fat that cooks out of the meat. White meat is better than brown or dark meats. Chicken breast and fish are better than pork and red meat.
- Use a minimal amount of fats and oils, usually no more than 2 to 3 servings a day
- Use less salt. Limit the amount of salty foods you eat. High salt (sodium) foods include canned foods, soups, restaurant take-out, lunch meats, and cheese
- Limit the amount of alcohol you drink. Don't drink more than 1 to 2 drinks per day.
- Do at least 30 minutes of physical activity that gets your heart rate up on most or all days of the week.
- Take your medicines as prescribed.

WHAT ARE THE WARNING SIGNS OF HEART ATTACK AND STROKE?

Warning Signs of Heart Attack

Some heart attacks are sudden and intense, but most of them start slowly with mild pain or discomfort with one or more of these symptoms:

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath with or without chest discomfort
- Other signs including breaking out in a cold sweat, nausea or lightheadedness

Warning Signs of Stroke

- Sudden weakness or numbness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

**Learn to recognize a stroke. Time lost is brain lost.
Call 9-1-1. Get to a hospital immediately if you
experience signs of a heart attack or stroke.**

WEIGHT LOG

Date	Time	Weight	BMI	Notes

HOW CAN I MANAGE MY WEIGHT?

- Even modest weight loss (5 to 10 percent of your body weight) can help lower your risk for heart disease, stroke, and other diseases. Check with your health care provider before starting a program.
- Reduce the number of calories you eat. Excess calories add excess weight.
- Do at least 30 minutes of moderate-intensity physical activity on most (preferably all) days of the week. Building up to one hour or more of daily moderate-intensity physical activity can have a significant effect on weight control.

IMPORTANT NUMBERS

Emergency: 9-1-1 | Non-emergency: 3-1-1

Maryland United Way Helpline/First Call for Help:
2-1-1 or 410-685-0525

*Information and referrals on a variety of health and human service issues are available with one easy call. **www.211md.org***

Legal Aid State Wide Hotline: 410-951-7750

Northeast Food Pantry: 410-426-4009

Social Security Administration: 1-800-772-1213, to obtain
Social Security cards

Healthcare Access Maryland: 410-649-0500, to apply for
health insurance or verify current insurance

MENTAL HEALTH

Baltimore Mental Health Systems: 410-837-2647

24 Hour Mental Health Crisis Hotline: 410-752-2272

Harford-Belair Community Mental Health Center:
410-426-5650 (*must have insurance or pending insurance*)

North Baltimore Center, Inc: 410-366-4360 (*no insurance needed*)

Johns Hopkins Hospital Psychiatry: 410-955-5104 or
410-955-5964, for emergencies (*weekday walk-ins 8AM-9AM*)
Sinai of Baltimore: 410-601-5457

University of MD Medical Systems Carruthers Mental
Health Clinic: 410-328-2292

STI AND FAMILY PLANNING

Planned Parenthood of Maryland: 410-576-1414
(En Espanol): 410-576-2168

Baltimore City Health Department STD Clinic
Druid STD Clinic: 410-396-0176
Eastern STD Clinic: 410-396-9410

FREE YOGA, EXERCISE FACILITY, COOKING CLASSES:

The Shepherd's Clinic and Joy Wellness Center:
410-467-7140, *(Must live in certain zip codes to be eligible)*

DENTAL CARE

University of Maryland: 410-706-7063
Maryland Healthy Smiles for children and pregnant women
enrolled in Maryland Children's Health
Program (MCHP) Insurance: 1-888-696-9596
Eastern Dental Clinic: 443-984-3548, (for adult dental
emergencies)

These community health centers also offer dental care:
Total Health Care, Jai Medical, Druid Family Health Center

Baltimore City Department of Social Services:
443-423-6100





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