

Spring Cleaning: The Men's Health Checklist

By Scott D. Miller, MD, MBA

Spring is a natural reset. Just like you'd open the windows and clear out what's been collecting dust, it's a smart time to do the same for your health. Use this checklist as a practical, no-judgment tune-up.

Know your numbers

Have you checked your blood pressure, cholesterol, blood sugar and weight in the last year? These numbers often change quietly. Feeling "fine" doesn't always mean things are fine. A quick check can catch problems early, when they're easiest to fix.

Review medications and supplements

Open the medicine cabinet. Are you taking prescriptions and supplements that haven't been re-evaluated in years? Every pill should have a purpose. If it doesn't, it may be time to let it go.

Move your body consistently

You don't need an extreme workout plan. Regular movement matters more than intensity. Walking, light strength training, stretching or yard work all count. The goal is consistency, not punishment. The best exercise is the one you'll keep doing.

Check your sleep

Are you sleeping at least seven hours and waking up rested? Loud snoring, frequent nighttime urination or feeling exhausted during the day are red flags, not just annoyances. Sleep is active repair for your brain, hormones, heart and metabolism.



Pay attention to stress and mental health

Mental clutter affects physical health. Chronic stress, anxiety and depression can show up as fatigue, poor focus, irritability, low libido or sleep problems. If something feels off, it's worth addressing.

Don't ignore urologic symptoms

Urinary changes, erectile difficulties, testicular discomfort or declining energy are not something you just "have to live with." Many are highly treatable when addressed early.

Refresh your prevention plan

Based on your age and risk factors, make sure you're up to date on prostate cancer screening, colon cancer screening, cardiovascular risk assessment and vaccinations. Prevention works best before symptoms appear.

Schedule the appointments you've been postponing

If it's been sitting on your mental to-do list for months, now's the time. A primary care visit, a specialist consult or overdue lab work can provide clarity and peace of mind. Spring cleaning your health doesn't require perfection. It requires attention. Small tasks now can prevent major repairs later. Look for my article on **"Testosterone and Men's Health: More Than Just Sex Drive"** in the next issue.



Scott D. Miller, MD, MBA, is Wellstar's Medical Director of Urology and of Robotic Surgery. He has practiced in Atlanta for over 20 years and sees patients at Wellstar Urology in Roswell, Wellstar North Fulton Medical Center and Wellstar Avalon Health Park. Wellstar North Fulton Medical Center offers the Know Your Heart Screening that can determine your risk of heart disease, stroke and other serious conditions. Call 770-956-STAR (7827) to learn more or schedule an appointment.

Scott D. Miller, MD, MBA, Wellstar North Fulton Medical Center
470 956-4230, www.scottdmillermd.com

