

Soundbite Script – Getting Men Invested in their Health

Dr. Mohammed Khan, Family Practice Physician, OSF HealthCare

“A lot of men don’t feel anything is wrong. ‘I’m doing fine. I’m feeling fine. I don’t need to see a doctor.’”

Dr. Mohammed Khan, Family Practice Physician, OSF HealthCare

“What we do during a wellness visit is to go over your entire history, address any questions or concerns, we do some basic bloodwork, check for diabetes, and check your cholesterol. I can tell you at least five or six patients every couple of months that I see, who haven’t been seen in more than a year, I check them for diabetes and guess what? They have diabetes.”

Dr. Mohammed Khan, Family Practice Physician, OSF HealthCare

“For men the common screenings are colon cancer and prostate cancer screening. Colon cancer screening is typically age 50 and is repeated every five or 10 years, depending on what they see. In some cases where there is a family history of colon cancer, sometimes the screening will start at age 40, whereas prostate cancer screening will start at 46 or 47 and that’s an annual screening.”

Dr. Mohammed Khan, Family Practice Physician, OSF HealthCare

“If you keep it inside you tend to get stressed out. There are a few ways to handle stress. You can go see a counselor or a therapist. There are some people who are not open to discussing these things. What I tell them is to use exercise as a stress reliever. Go for a walk or a run or hit the gym every so often. That helps relieve the stress and anxiety.”