

## **Soundbite transcript – Health Tips for Men Over 50**

### **Dr. Zack Fulton, Family Medicine, OSF HealthCare**

“We’re all constantly changing. Obviously as we get older more things go wrong and we have more problems. One of the reasons why the 50s is a magic number because there’s a lot of new screening tests that start in your 50s for a vast majority of the people, especially men.”

### **Dr. Zack Fulton, Family Medicine, OSF HealthCare**

“I think the biggest thing with any patient is getting to know them and what their concerns are first and getting to know their family history so you know what is most likely to cause a problem for them. You want to gear their medical care to what they need the most.”

### **Dr. Zack Fulton, Family Medicine, OSF HealthCare**

“It’s never too late to change a lifestyle. I think wherever you’re at, you’re at a different starting point than you were. It’s always better to start sooner but you’re never too late to start changing bad habits. Sometimes you have to find what works for you. We can’t all go to the gym like we did and lift weights and pump iron maybe the same way when you were in high school and college. But there are exercises you can do to strengthen your muscles and get some of that back.”

### **Dr. Zack Fulton, Family Medicine, OSF HealthCare**

“So often we have trouble just getting people to make that first step and come in they have underlying problems they don’t even know about. Once we get some of the measurements – check their weight, check their cholesterol, then we can really gear the focus towards what they need the most and what they want the most.”