

# 5 Reasons Men Avoid the Doctor (*But Shouldn't!*)



1.

**“Why should I see a doctor? I feel fine.”**

Many conditions, including coronary heart disease, kidney disease and some cancers, have symptoms you may not see or feel. By visiting your doctor regularly, they may recommend screenings to gain a true understanding of your current health: early detection is key!

2.

**“It will get better on its own.”**

Medical issues cannot be ignored, especially as you get older. You must take an active role in managing your health as you age.

3.

**“It’s embarrassing.”**

Although talking to your doctor about health issues may feel awkward, your doctor is used to it! It’s important for your doctor to know your complete health history.

4.

**“I don’t like tests.”**

Nobody likes being poked and prodded! However, getting screened and getting diagnosed early for certain conditions could end up saving your life.

5.

**“I’m busy.”**

You must make time to care for your own health and well-being. Most routine check-ups can be performed during your lunch break!

**Does this sound like you or a loved one you know?**

No more excuses! Help the men in your life make a doctor’s appointment today!



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