**Sports**

Suwannee Democrat - JUNE 26 & 27, 2019

**Area**

continued from Page 1B

Horrell holds his own

The suwannee, the Horrells will be focusing on
devolving some of their new skill players like Nic Kel.
Frequent, Garrison Buch and Robert Mattern.
Those receivers, along with sophomore quarterback
Jaxson Beach and senior receiver Adam Perry, had
a strong showing in 7-on-7 play.

LHS scored four touchdowns
in a win against Hamilton County,
and you get to see so much
great athletes, there’s a
because you’ve got 150

Jaxson Beach and senior
receiver Adam Perry had a
strong showing in 7-on-7
play.

“Today was awesome
because you’ve got 150
great athletes, there’s a
because you’ve got 150

Jaxson Beach and senior
receiver Adam Perry had a
strong showing in 7-on-7
play.

Wanee.

Hamilton County and
reached the end zone three
times in a close loss to Su-
wanee.

“I think everyone got better
you can get better out here.
I think everyone got better
you can get better out here.

“Today was awesome
because you’ve got 150
great athletes, there’s a
because you’ve got 150

Jaxson Beach and senior
receiver Adam Perry had a
strong showing in 7-on-7
play.

Robert Mattern.

Those receivers, along
with sophomore quarterback
Jaxson Beach and senior receiver
Adam Perry, had a
strong showing in 7-on-7
play.

Alonzo Lee celebrates after scoring a long
touchdown.

Alan Lee celebrates after scoring a long
touchdown.

Jaspon Robinson finds room to run.

**Health screenings men should discuss with their physicians**

Routine doctor visits are a vital component of a healthy lifestyle. As noted by the U.S. National Library of Medicine, even men who feel healthy and live active lifestyles must make routine visits to their healthcare providers. Such visits can assess risk for future medical problems and offer men the opportunity to update vaccinations. Routine health checkups also give doctors a chance to screen for medical issues.

Doctors consider a man’s age and other risk factors to determine when and how frequently he will need certain medical screenings. For example, while men between the ages of 40 and 64 are often advised to get blood pressure screenings at least once per year, those with diabetes, heart disease, kidney problems and other conditions may need more frequent screenings.

No two men have the same medical histories, which only highlights the need for men of all ages to schedule annual physical screenings with their physicians. Each man is unique, and his medical issues should be tailored to fit his specific needs.

Some general screening tests and guidelines recommended for all men between the ages of 40 and 64, courtesy of the USNLMM:

**Prostate cancer**

The USNLMM notes that most men age 50 or older should discuss screening for prostate cancer with their physicians. Ethnicity and family history are some of the recognized risk factors for prostate cancer. As a result, African American men and men with a family history of prostate cancer in a first degree relative younger than 65 should discuss screenings beginning at age 45. There are pros and cons to prostate cancer screenings, and these should be part of each discussion with their physicians.

**Colorectal cancer**

All men between the ages of 50 and 75 should be screened for colorectal cancer. Physicians may recommend colorectal screening for men under age 50 with a family history of colon cancer or polyps. In addition, physicians may consider screenings for men under age 50 who have a history of inflammatory bowel disease.

**Cholesterol**

The USNLM advises men to have their cholesterol levels checked every five years. Men with certain conditions, such as diabetes and heart disease, may need to be checked more often.

**Diabetes**

Diabetes screenings are recommended every three years for men age 45 and older. Men who are overweight and younger than 45 should ask their physicians if they should be screened before they reach 45.

**Osteoporosis**

Women are more likely to develop osteoporosis than men, but that doesn’t mean men are immune to this condition marked by the weakening of the bones due to tissue loss. Fractures after age 50, heavy alcohol use, smoking, and low body weight are some risk factors that can make men vulnerable to osteoporosis. Health screenings can catch diseases and other conditions in their early stages when they’re most treatable. Such screenings should be a vital part of men’s health routines.

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**Terrell Atkinson gains some yards after the catch.**

Adam Perry rises up to catch a pass.

**Kejuan Robinson finds room to run.**

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