

## Men's Health: Overcoming the Fear of Doctor Visits

There are many obstacles and roadblocks when it comes to men making and keeping vital health appointments with their primary care physician. Needless physical, emotional and financial suffering are the result of neglecting to seek care when underlying conditions are silent, yet manageable.

There are steps that can be taken to overcome the fear and struggle that prevents men from getting the health screenings they need. Let's review just a few.

### 1. Seek a Primary Care Physician Proactively

Men spend several hours shopping for new cars, phones and the latest devices; and many more to maintain their new purchases. But the human body is far more complex and priceless, and when it breaks down the costs are steep. The same (or more) time and effort should be spent "shopping" for a primary care provider with whom you can develop trust and a rapport. If you need to find a primary care physician, visit the Blue Cross Blue Shield of Illinois [website](#) for doctors in your network, reviews and ratings.

One of the primary ways to address the fear of going to the doctor is to forge a genuine patient-physician relationship. Patient-physician relationships are vital to men taking an active role in their health and health care.

- Ask friends, relatives and colleagues for recommendations. For more tips on how to find the doctor that's right for you, [click here](#)
- Accompany the man in your life to the doctor. It may seem like handholding but make the appointment for him to go. Make it an annual date — whether it's your father, uncle or husband



### 2. Seek to Understand: What You Don't Know Can Hurt You

Feeling that you don't have enough information to make accurate predictions can cause your worry and anxiety to increase. One way to counteract the lack of predictability is to get more information. Read everything available on health screenings and the potential outcome.



### 3. Conquer the "I'm Too Busy" Syndrome

Men say they would be more likely to go to their annual checkup if:

- Primary care physicians offered virtual visits
- Primary care physicians offered appointments in the evenings and/or weekends



### **Take Control of Your Future Health**

So many men feel that eventually an underlying condition will take care of itself. Nothing can be farther from the truth. Conditions such as hypertension, diabetes and some cancers are highly treatable when they are found in the early stages. Allowing these conditions to progress without treatment can lead to sudden cardiac arrests, strokes, amputation of limbs, blindness and death. Take the steps you need to take control of your health. You are the rudder that steers the ship.

