

13 Reasons Why Men Don't Do That Exam-Thing

By Scott LaFee | October 28, 2016

According to a [Kaiser Family Foundation](#) survey published earlier this year, 92 percent of Americans say it's important to get an annual physical examination, though only 62 percent actually do.

There's some debate over [the value of annual exams](#), but no debate over who sees their doctor more often and more regularly: Women.

Men, by and large, are reluctant patients, particularly males aged 18 to 49, who might never visit a physician if not compelled to do so by mom, girlfriend or spouse.



Guys, go see your doc. Waiting until you're bleeding from the ears or clutching your chest should not be the first indicator that an appointment is in order. For everyone else, here are 13 of the most commonly cited reasons why men do seek medical help pro-actively. Forewarned is forearmed. A smack to the head is not advised, but might be necessary.

- They don't have a doctor.
- They don't have insurance
- They're pretty sure there's nothing wrong.
- They don't have time.
- They don't want to spend the money.
- They don't think doctors actually do anything.
- They don't want to hear bad news.
- They don't like probes.
- They would prefer to "tough it out."

- They don't want to be weighed.
- They don't want to take their clothes off.
- They get cold in the exam room.
- They don't want to answer personal questions.

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