

The Best Protection Is Early Detection

The following are recommended health tests for

MEN

Try planning checkups around your birthday; they're easier to remember.

| TEST | AGE | FREQUENCY |
|---|-------------------|---|
| Routine Physical Exam (Preventive Health Visit) | 18+ 40+ 50+ | Every 3 – 5 years Every 1 – 2 years Annual |
| Abdominal Aortic Aneurysm | 65-75 | One time screening for men with history of smoking. |
| Behavioral Health | 18+ | Annually or as needed. Discuss with your doctor. |
| Blood Pressure Reading | 18+ | Every 1 – 2 years or as directed by doctor; more frequently if over 140/90 |
| Cholesterol Check | 18+ | Every 5 years or as directed by doctor. |
| Colorectal Screenings | 50 or older | One of these 7 schedules – Tests that find polyps and cancer (preferred): <ul style="list-style-type: none"> • -flexible sigmoidoscopy every 5 years or • double contrast barium enema every 5 years or • CT colonography (virtual colonoscopy) every 5 years or • colonoscopy every 10 years |
| Colorectal Screenings Con't | | Tests that mainly find cancer: <ul style="list-style-type: none"> • fecal occult blood test every year or • fecal immunochemical test every year or • stool DNA test (talk with your doctor about frequency) |

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| Dental Checkup | Begin in childhood | Every 6 months |
| Diabetes Screening | 18 – 44 45 & Older | If you are overweight and have other risk factors If you are overweight |
| Eye Exam | 20-29 30-39 40 40-64 65 & Older | At least once At least twice Baseline eye disease screen As directed by doctor Every 1 – 2 years |
| Hearing Test | 18-50 51 & Older | Every 10 years Every 3 years |
| Immunizations | 18+ | Discuss with your doctor |
| Infectious Diseases Screen (HIV, Hepatitis C, STDs) | 18, if high risk or earlier is sexually active) | Discuss with your health care provider. |
| Prostate <ul style="list-style-type: none"> • Digital Rectal Exam • PSA (Blood Test) | 50 (or earlier if family history or African American) | Annually |
| Skin Cancer | 18+ | Self-exam monthly. Clinical exam by doctor every 3 years |
| Testicular Cancer | 13+ | Self-exam monthly and Clinical exam by doctor at preventive health visits. |
| Thyroid Screening | 35 & Older | Every 5 years or as directed by doctor. |