

MEN'S HEALTH CHECKLIST

24 30 49 54 63 77 81 90

CHECKUPS AND SCREENINGS

AGES

20-39 40-49 50+

FREQUENCY

General Physical Exam: Review overall health status, perform a complete physical exam and discuss health related topics	●	●	●	Every 1 to 3 years Every year
Blood Tests & Urinalysis: Screens for various illnesses and conditions (such as anemia, cholesterol, diabetes, kidney) before symptoms occur	●	●	●	Every 1 to 5 years
Colonoscopy: A colonoscopy is a flexible scope that examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	●	●	●	Usually Not Required Baseline at 50 & then every 5 to 10 years
Rectal Exam: A rectal exams screens for hemorrhoids, lower rectal problems, colon and prostate cancer.	●	●	●	Usually Not Required Every Year
Hemoccult: Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer	●	●	●	Usually Not Required Every Year
PSA Blood Test: Prostate Specific Antigen is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician.	●	●	●	Usually Not Required Every Year
Diabetes: A disease where high levels of glucose accumulate in the blood and testing should be done by your physician	●	●	●	Usually Not Required Fasting glucose test at age 45 Every 3 years with normal results
Immunizations: Influenza (flu) Vaccine Pneumonia Tetanus	●	●	●	Every year Discuss with physician Every 10 years
Oral Health: screens for oral cancer	●	●	●	At regular dental visit
Bone Density Evaluation: Bone mineral density scan estimates the strength of your bones and is done under the supervision of your physician	●	●	●	Discuss with your physician Begin at age 65
Sexually Transmitted Diseases (STDs): Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia and other STDs.	●	●	●	Discuss with your physician
Self-Exams: Testicle – To find lumps in their earliest stages Skin – To look for signs of changing moles, freckles, or early skin cancer Breast – To find abnormal lumps in their earliest stages.	●	●	●	Monthly by self and part of general exam