

Men's Health Guidelines

Checkups and Screenings

	When	20-39	40-49	50+
Physical Exam: Review overall health status, perform a thorough physical exam and discuss health related topics	Every 3 years	●		
	Every 2 years		●	
	Every year			●
Blood Pressure: High blood pressure or Hypertension doesn't have any symptoms, but can cause permanent damage	Every year	●	●	●
TB Skin Test: Should be done on occasion of exposure or suggestive symptoms at direction of healthcare provider.	Every 5 years	●	●	●
Blood Tests & Urinalysis: Screens for cholesterol, diabetes, kidney or thyroid dysfunction and other illnesses and diseases before symptoms occur	Every 3 years	●		
	Every 2 years		●	
	Every year			●
Tetanus Booster: Prevents lockjaw	Every 10 years	●	●	●
Testicle Self-Exam: For lumps in their earliest stages				
Skin Self-Exam: Look for signs of changing moles, freckles, or early skin cancer.	Monthly by self	●	●	●
Oral Self-Exam: Look for signs of cancerous lesions in mouth.				
Breast Self-Exam: Look for abnormal lumps				

Checkups and Screenings (continued)	When	20-39	40-49	50+
Sexually Transmitted Diseases (STDs): Sexually active adults should be screened for syphilis, chlamydia, gonorrhea, HPV, HIV, and herpes	Discuss with physician	●	●	●
EKG: Electrocardiogram screens for heart abnormalities	Baseline	●		
	Every 2 years		●	
	Every year			●
PSA Blood Test: Prostate Specific Antigen is produced by the prostate. High levels indicate abnormality such as infection, enlargement, or cancer. <i>Consult physician if you are African American or have a family history of breast or prostate cancer.</i>	Every year		●	●
Hemoccult: Stool screen for microscopic signs of blood, which can be first indication of polyps or colon cancer.	Every year		●	●
Colorectal Health: Scope to examine the rectum, sigmoid, and descending colon for cancer at its earliest and most treatable stages.	Every 3-4 years			●
Chest X-Ray: Smokers over the age of 45	Discuss with physician		●	●
Testosterone Screening: Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue, and depression.	Discuss with physician		●	●
Bone Health: Bone mineral density test.	Discuss with physician			Age 60