



IMPORTANT health screenings for MEN

Even if you feel fine, you should see your doctor for regular health screenings. Many health conditions cause no symptoms in their earliest stages. Screenings can help you get earlier treatment and a better outcome. The National Institutes of Health recommends the following tests for men:

Abdominal aortic aneurysm:

Adults ages 65 to 75 who have smoked may need this screening once. Others should consult with their doctor.

Blood pressure:

Every one to two years, depending on your risk factors or health conditions.

Cholesterol:

Beginning at age 35, every five years if levels are normal. Men with high blood pressure, other risk factors for heart disease or certain health conditions may need to get screened sooner or more often.

Colon cancer:

Screening may begin at age 50, or earlier, if you have a family history of the disease, certain risk factors or certain health conditions.

Diabetes:

Every three years beginning at age 45. Earlier and/or more frequent testing may be advised if you have certain risk factors.

Eyes:

Every one to two years, or more often if you have glaucoma, have certain eye conditions or if your doctor recommends it.

Hearing:

Adults over age 65 may need a hearing test if signs of hearing loss are present.

Lung cancer:

Annual screening may be recommended for adults aged 55 to 80 years who have a 30 pack-year (smoke one pack per day for 30 years) smoking history AND currently smoke or have quit within the past 15 years.

Osteoporosis:

Discuss screening with your doctor if you are over age 50.

Physical exam:

Height, weight and Body Mass Index (BMI) should be measured at well visits.

Prostate cancer:

Discuss screening with your doctor. Men with certain risk factors may need screenings beginning at age 45.

Sexually transmitted infections:

Depending on age, lifestyle and medical history, you may need to discuss with your doctor about getting tested for chlamydia, syphilis, HIV and other infections.

Men of all ages and health statuses need regular health screenings. Call your doctor to schedule your well visit!

