



GET CHECKED (MEN)

Getting regular check-ups and preventive screening tests are among the most important things you can do for yourself. Take time to review these guidelines for screening tests. Use the charts below to remind yourself of when you need to see your healthcare provider based on your personal health profile. Make an appointment today! Then, become a partner with your healthcare provider to decide when you need your screenings and immunizations. Share your family history, speak up, voice your concerns, and always ask questions. For instance, if your healthcare provider asks you to increase the amount you exercise, ask for examples of exercises that are best for you. If you are wondering if you need certain screenings, ask your healthcare provider. **This chart lists recommended screenings for men at average risk for most diseases. These are guidelines only. Your healthcare provider will personalize the timing of each test and immunization to best meet your healthcare needs.**

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65+
Full check-up, including weight and height	Discuss with your health care provider.	Discuss with your health care provider.	Discuss with your health care provider.	Discuss with your health care provider.
Blood pressure test	Starting at age 21, then once every 1-2 years if normal	Every 1-2 years	Every 1-2 years	Every 1-2 years
Cholesterol test	Starting at age 35, then every 5 years	Every 5 years	Every 5 years	Every 5 years
Blood sugar test	Discuss with your health care provider.	Starting at age 45, then every 3 years	Every 3 years	Every 3 years
Digital Rectal Exam (DRE)		Discuss with your provider whether prostate cancer screening is right for you.	Discuss with your provider whether prostate cancer screening is right for you.	Discuss with your provider whether prostate cancer screening is right for you.
Prostate-Specific Antigen (PSA) (blood test)		Discuss with your provider whether prostate cancer screening is right for you.	Discuss with your provider whether prostate cancer screening is right for you.	Discuss with your provider whether prostate cancer screening is right for you.
For colorectal screening, you need to have <u>one</u> of the following tests:				
Fecal occult blood test			Yearly	Yearly
Flexible Sigmoidoscopy (with fecal occult blood test is preferred)			Every 5 years	Every 5 years
Double Contrast Barium Enema (DCBE)			Every 5-10 years (if not having colonoscopy or sigmoidoscopy)	Every 5-10 years (if not having colonoscopy or sigmoidoscopy)
Colonoscopy			Every 10 years	Every 10 years
Rectal exam	Discuss with your health care provider.	Discuss with your health care provider.	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)