

HealthyActions

Achieving Your Goals for Healthy Living



Checklist for Men's Health: What to Be Screened for and When

Screening tests like cholesterol tests and tests for colorectal and prostate cancer help you find diseases early. Finding diseases early makes them easier to treat and cure. Take this checklist to your doctor on your next visit. Talk to your doctor about what tests you should have. When you get results from tests, ask questions about what the results mean.

From the U.S. Department of Health and Human Services "Screening Tests and Immunizations Guidelines for Men" chart.

<http://forwomen.gov/screeningcharts/men/>



Screening or Test	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 & Older
General Health				
Full checkup that includes height and weight	Discuss with your doctor or nurse	Discuss with your doctor or nurse	Discuss with your doctor or nurse	Discuss with your doctor or nurse
Heart Health				
Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test	Start at age 20 then discuss with your doctor or nurse	Discuss with your doctor or nurse	Discuss with your doctor or nurse	Discuss with your doctor or nurse
Diabetes				
Blood sugar test	Discuss with your doctor or nurse	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Prostate Health				
Digital Rectal Exam (DRE)		Discuss with your doctor or nurse	Discuss with your doctor or nurse	Discuss with your doctor or nurse
Prostate-Specific Antigen (PSA) (blood test)		Discuss with your doctor or nurse	Discuss with your doctor or nurse	Discuss with your doctor or nurse
Reproductive Health				
Testicular Exam	Monthly self-exam, and part of a general checkup	Monthly self-exam, and part of a general checkup	Monthly self-exam, and part of a general checkup	Monthly self-exam, and part of a general checkup
Chlamydia test	Discuss with your doctor or nurse	Discuss with your doctor or nurse	Discuss with your doctor or nurse	Discuss with your doctor or nurse
Sexually Transmitted Disease (STD) Tests	Use condoms with new partners. Partners should get tested before having unprotected sex	Use condoms with new partners. Partners should get tested before having unprotected sex	Use condoms with new partners. Partners should get tested before having unprotected sex	Use condoms with new partners. Partners should get tested before having unprotected sex
Eye and Ear Health				
Eye Exam	See doctor if you have any eye problems. Get at least 1 exam from ages 20-29 and at least 2 exams from from ages 30-39	Every 2-4 years	Every 2-4 years	Every 1-2 years
Hearing test	Starting at age 18, then every 10 years	Every 10 years	Every 3 years	Every 3 years



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Screening or Test	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 & Older
Colorectal Health				
Fecal occult blood test			Yearly	Yearly
Flexible sigmoidoscopy (with fecal occult blood test is preferred)			Every 5 years (if not having a colonoscopy)	Every 5 years (if not having a colonoscopy)
Double Contrast Barium Enema (DCBE)			Every 5-10 years, (if not having a colonoscopy or sigmoidoscopy)	Every 5-10 years, (if not having a colonoscopy or sigmoidoscopy)
Colonoscopy			Every 10 years.	Every 10 years.
Rectal Exam	Discuss with your doctor or nurse	Discuss with your doctor or nurse	Every 5-10 years, with each screening (sigmoidoscopy, colonoscopy, or DCBE)	Every 5-10 years, with each screening (sigmoidoscopy, colonoscopy, or DCBE)
Skin Health				
Mole Exam	Monthly mole self-exam; by a doctor every 3 years, starting at age 20	Monthly mole self-exam; by a doctor every year	Monthly mole self-exam; by a doctor every year	Monthly mole self-exam; by a doctor every year
Oral Health				
Dental exam and teeth cleaning	Once a year	Once a year	Once a year	Once a year
Mental Health				
	Tell your doctor if you have felt down for 2 weeks straight	Tell your doctor if you have felt down for 2 weeks straight	Tell your doctor if you have felt down for 2 weeks straight	Tell your doctor if you have felt down for 2 weeks straight
Immunizations				
Influenza (flu) vaccine	Discuss with your doctor or nurse	Discuss with your doctor or nurse	Yearly	Yearly
Pneumococcal (pneumonia) vaccine				One time only
Tetanus-Diphtheria booster vaccine	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Meningococcal vaccine	Discuss with your doctor or nurse if attending college			

References

U.S. Department of Health and Human Services, Office on Women's Health. "Screenings and Immunizations for Men." Available at: <http://forwomen.gov/screeningcharts/men/>



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