



## 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. 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 to best meet your healthcare needs.**

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