

MEN'S HEALTH SCREENING CHECKLIST

In Your 20s



Regular Physical Exam

- Annual visit with primary care provider
- Blood pressure check
 - Cholesterol checked every 4 - 6 yrs if level is low and remains low
 - Blood glucose levels checked every 3 yrs to screen for diabetes

In Your 30s



Regular Physical Exam

- Annual visit with primary care provider
- Blood pressure check
 - Cholesterol checked every 4 - 6 yrs if level is low and remains low
 - Blood glucose levels checked every 3 yrs to screen for diabetes

In Your 40s



Colonoscopy

Every 10 yrs beginning at age 45 to test for colorectal cancer



Prostate-Specific Antigen (PSA) Screening

- Age 45 if at high risk (African American men, men who have a father or brother diagnosed with prostate cancer younger than age 65)
- Age 40 if at higher risk (have more than one first degree relative - father or brother - who had prostate cancer at an early age)



Regular Physical Exam

- Annual visit with primary care provider
- Blood pressure check
 - Cholesterol checked every 4 - 6 yrs if level is low and remains low
 - Blood glucose levels checked every 3 yrs to screen for diabetes



Calcium Scoring Scan

Every 5 yrs starting at age 45

In Your 50s



Colonoscopy

Every 10 yrs beginning at age 45 to test for colorectal cancer



Prostate-Specific Antigen (PSA) Screening

Every 2-3 yrs; Depending on the results of your first PSA test and your risk level, your doctor may recommend you get screened less (or more) frequently.



Regular Physical Exam

- Annual visit with primary care provider
- Blood pressure check
 - Cholesterol check
 - Blood glucose levels checked every 3 yrs to screen for diabetes



Calcium Scoring Scan

Every 5 yrs

In Your 60s



Bone Density Screening
Starting at Age 70 if at average risk



Prostate-Specific Antigen (PSA) Screening

Every 2-3 yrs; Depending on previous PSA test results and risk level, your doctor may recommend less or more frequent screening.



Regular Physical Exam

- Annual visit with primary care provider
- Blood pressure check
 - Cholesterol check
 - Blood glucose levels checked every 3 yrs to screen for diabetes



Colonoscopy

Discuss with your health care provider the need for continued colon cancer screening, based on previous results and health status



Calcium Scoring Scan

Every 5 yrs