

Health screenings - men ages 65 and older

Men ages 65 and older should get a physical exam once a year. Talk to your doctor about which ones you should consider at your next exam.

✓ <u>Abdominal Aortic Aneurysm Screening</u>	<ul style="list-style-type: none"> • If you are between ages 65 - 75 and have smoked, you should have an ultrasound to screen for abdominal aortic aneurysms.
✓ <u>Blood Pressure Screening</u>	<ul style="list-style-type: none"> • Have your blood pressure checked every year. • If you have diabetes, heart disease, kidney problems, or certain other conditions, you may need to be checked more often.
✓ <u>Cholesterol Screening and Heart Disease Prevention</u>	<ul style="list-style-type: none"> • Your cholesterol should be checked every 5 years if levels are normal. • If you have high cholesterol, diabetes, heart disease, kidney problems, or certain other conditions, you may need to be checked more often.
✓ <u>Colon Cancer Screening</u>	<ul style="list-style-type: none"> • Until age 75, you should have one of the following screening tests: <ul style="list-style-type: none"> ○ A stool test done every year ○ Flexible sigmoidoscopy every 5 - 10 years, along with a stool guaiac test ○ Colonoscopy every 10 years • You may need more frequent screenings if you have a family history of colon cancer.
✓ <u>Diabetes Screening</u>	<ul style="list-style-type: none"> • If you are age 65 or older and in good health, you should be screened for diabetes every 3 years. • If you are overweight and have other risk factors for diabetes, you may need to be screened more often.
✓ <u>Immunizations</u>	<ul style="list-style-type: none"> • If you are age 65 or older, get a pneumococcal vaccine if you have never had one, or if it has been more than 5 years since you had the vaccine. • You should get a flu shot each year. • Get a tetanus-diphtheria booster every 10 years. • You may get a shingles or herpes zoster vaccine after age 60.
✓ <u>Infectious Diseases</u>	<ul style="list-style-type: none"> • Depending on your lifestyle and medical history, you may need to be screened for syphilis, chlamydia, and HIV.

<p>✓ <u>Lung Cancer</u></p>	<ul style="list-style-type: none"> • You should get screened for lung cancer annually if you are age 55-80 and: <ul style="list-style-type: none"> ○ Have a 30 pack-year smoking history AND ○ Currently smoke or have quit within the past 15 years
<p>✓ <u>Osteoporosis Screening</u></p>	<ul style="list-style-type: none"> • If you have risk factors for osteoporosis, you should discuss screening with your provider. • Risk factors can include long-term steroid use, low body weight, smoking, heavy alcohol use, or a family history of osteoporosis.
<p>✓ <u>Prostate Cancer Screening</u></p>	<ul style="list-style-type: none"> • Most men age 65 or older should discuss screening for prostate cancer with their provider.