

## Health screenings - men ages 40 to 64

Men ages 40 to 64 should get a physical exam once a year. Talk to your doctor about which ones you should consider at your next exam.

<p>✓ <b><u>Blood Pressure Screening</u></b></p>	<ul style="list-style-type: none"> <li>• In general you should have your blood pressure checked every 2 years. If you have high blood pressure, diabetes, heart disease, kidney problems, or certain other conditions, you may need to have it checked more often.</li> </ul>
<p>✓ <b><u>Cholesterol Screening and Heart Disease Prevention</u></b></p>	<ul style="list-style-type: none"> <li>• Men over age 34 should be checked every 5 years. However, if you have risk factors for heart disease, such as diabetes, you should be screened earlier.</li> <li>• Talk to your doctor about the use of aspirin in heart attack prevention.</li> </ul>
<p>✓ <b><u>Colon Cancer Screening</u></b></p>	<ul style="list-style-type: none"> <li>• If you are under age 50, you should be screened only if you have a strong family history of colon cancer or polyps, or if you have had inflammatory bowel disease.</li> <li>• If you are between ages 50 - 75, you should be screened for colorectal cancer.</li> </ul>
<p>✓ <b><u>Diabetes Screening</u></b></p>	<ul style="list-style-type: none"> <li>• If you are over age 45, you should be screened every 3 years. If you have high blood pressure or are overweight, you should be screened more often.</li> </ul>
<p>✓ <b><u>Immunizations</u></b></p>	<ul style="list-style-type: none"> <li>• You should get a flu shot every year.</li> <li>• Ask your provider if you should get a vaccine to reduce your risk of pneumonia.</li> <li>• You should have a tetanus-diphtheria and acellular pertussis (TdAP) vaccine once as part of your tetanus-diphtheria vaccines. You should have a tetanus-diphtheria booster every 10 years.</li> <li>• You may get a shingles or herpes zoster vaccine once after age 60.</li> </ul>
<p>✓ <b><u>Infectious Diseases</u></b></p>	<ul style="list-style-type: none"> <li>• Depending on your lifestyle and medical history, you may need to be screened for syphilis, chlamydia, and HIV.</li> </ul>
<p>✓ <b><u>Lung Cancer</u></b></p>	<ul style="list-style-type: none"> <li>• You should get screened for lung cancer annually if you are age 55-80 and:             <ul style="list-style-type: none"> <li>○ Have a 30 pack-year smoking history AND</li> <li>○ Currently smoke or have quit within the past 15 years</li> </ul> </li> </ul>

<p>✓ <b><u>Osteoporosis Screening</u></b></p>	<ul style="list-style-type: none"> <li>• If you are between ages 50 - 70 and have risk factors for osteoporosis, you should discuss screening with your provider.</li> <li>• Risk factors can include long-term steroid use, low body weight, smoking, heavy alcohol use, or a family history of osteoporosis.</li> </ul>
<p>✓ <b><u>Prostate Cancer Screening</u></b></p>	<ul style="list-style-type: none"> <li>• Most men age 50 or older should discuss screening for prostate cancer with their provider. African American men and those with a family history of prostate cancer should discuss screening at age 45.</li> </ul>
<p>✓ <b><u>Testicular Exam</u></b></p>	<ul style="list-style-type: none"> <li>• The American Cancer Society (ACS) recommends a testicular exam as part of a routine cancer-related checkup.</li> </ul>