

# 10 HEALTH SCREENINGS FOR MEN

## WHICH EXAMS YOU NEED AND WHEN

Having regular health exams and screenings can help your doctor detect diseases and conditions at their earliest stages, when they are the most treatable. Find out which screenings men should have and when to have them.<sup>1</sup>

### 1 PHYSICAL EXAM

Get a preventive exam every 1 to 2 years. Check with your physician about how often you need a preventive physical exam.

### 2 BLOOD PRESSURE SCREENING

Have your blood pressure checked every 2 years starting at age 18. If you have heart disease, diabetes, kidney problems or certain other conditions, you may need to have your blood pressure checked more often.

### 3 CHOLESTEROL SCREENING

Cholesterol screenings should start at age 34 and be repeated every 5 years. If you have risk factors for heart disease — such as diabetes — you may need to begin regular screenings earlier.

### 4 SEXUALLY TRANSMITTED INFECTIONS (STI) SCREENING

How often men should be screened really depends on age, sexual behaviors and other risk factors. Talk to your doctor about types of testing you may need.

### 5 DIABETES SCREENING

Men should be screened for diabetes every 3 years. Screening should begin earlier for those who are overweight or have other risk factors.

### 6 EYE EXAM

If you have vision problems, have an eye exam every 2 years. You may need more screenings as you age.

### 7 DENTAL EXAM

Visit the dentist once a year for an oral health exam. Cleanings may be needed more often, depending on the health of your teeth and gums.

### 8 COLON CANCER SCREENING<sup>2</sup>

People at average risk should start screening at age 50.

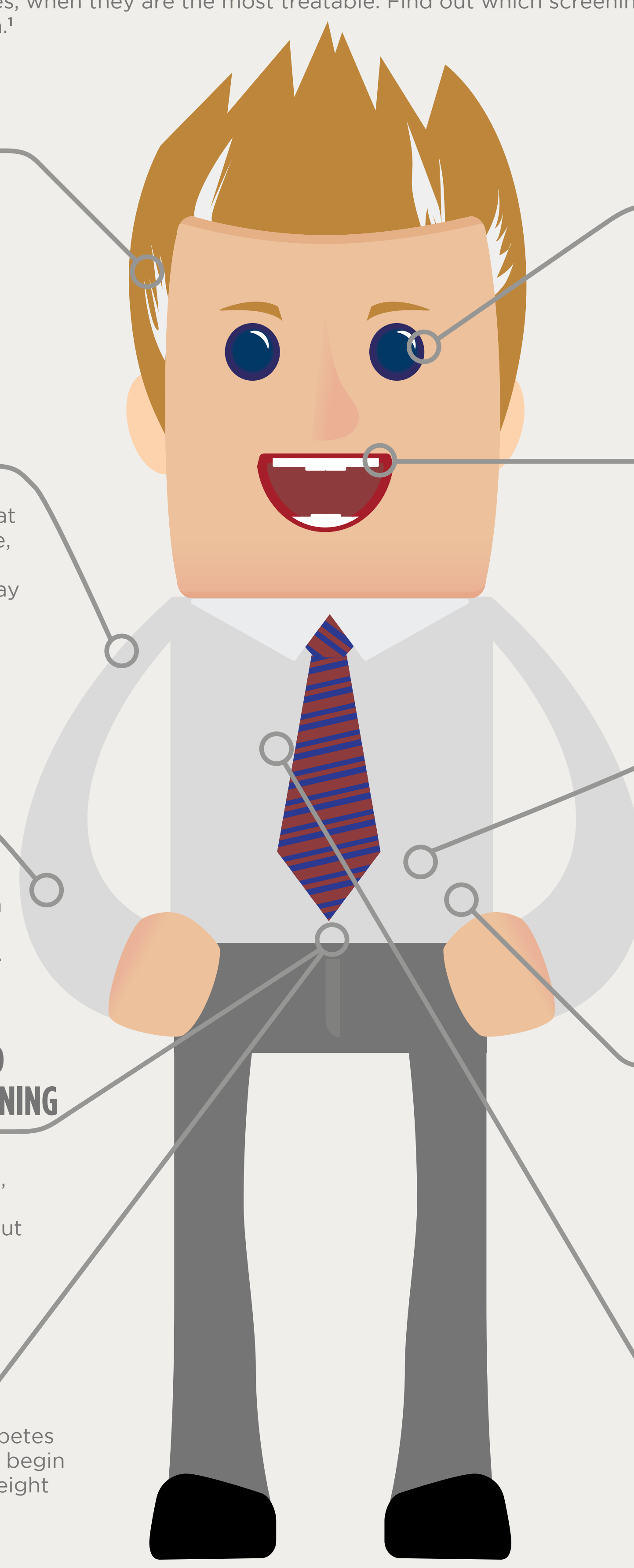
- Stool sample: every year
- Flexible sigmoidoscopy: every 5 to 10 years
- Colonoscopy: every 10 years

### 9 OSTEOPOROSIS SCREENING<sup>3</sup>

If you have risk factors for osteoporosis, your doctor may recommend screenings start as early as age 50. Most men should begin screening after age 70.

### 10 LUNG CANCER SCREENING<sup>4</sup>

Men over 55 who currently smoke or have quit smoking in the past 15 years may need routine screening for lung cancer. Talk to a doctor about your risk factors.



## PROSTATE CANCER SCREENING<sup>5</sup>



The prostate-specific antigen (PSA) test has been widely used to screen men for prostate cancer. Some advisory groups now recommend against its use because the potential harms of testing and treatment may outweigh benefits. To find out if PSA testing is right for you, talk to your doctor about the pros and cons.

These health screenings are recommended for healthy men with no pre-existing conditions.

Your doctor may suggest additional screenings based on your unique health care needs.

If you need help finding a doctor, call 1-800-SCRIPPS (727-4777) or visit [scripps.org/MenScreenings](http://scripps.org/MenScreenings).

## SOURCES

1. U.S. National Library of Medicine <http://www.nlm.nih.gov/medlineplus/ency/article/007464.htm>
2. U.S. National Library of Medicine: <http://www.nlm.nih.gov/medlineplus/ency/article/007465.htm>
3. National Osteoporosis Foundation: <http://nof.org/articles/236>
4. Agency for Healthcare Research and Quality (AHRQ): <http://www.ahrq.gov/patients-consumers/patient-involvement/healthy-men/healthy-men.html>
5. American Cancer Society: <http://www.cancer.org/healthy/findcancerearly/cancerscreeningguidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer>