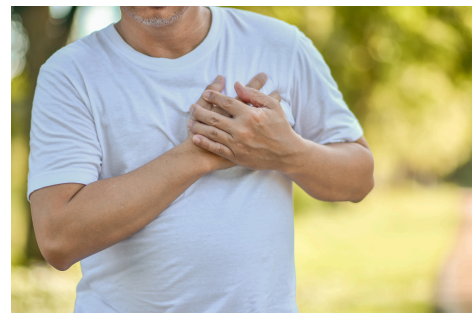


Prioritize Your Health: Essential Screenings for MEN

Health screenings, which vary based on age and individual risk factors, generally include blood pressure checks, cholesterol checks, diabetes screening, cancer screenings (like mammograms for women and colonoscopies), and full body skin exams, with frequencies ranging from yearly for high-risk individuals to every few years for those with low risk; always consult your doctor for the most appropriate screening schedule for you. Below you will find several different tables that include the frequency of specific screenings that is recommended for your age. There are separate tables for both women and men.

It is important to remember that regular checkups are critical. We all should aim for a yearly physical exam, with more frequent visits if they have chronic conditions or are at high risk for certain diseases.



| Recommendations for Men in their 20s and 30s | |
|---|--|
| Frequency | Screening |
| Once a month | Self-check skin cancer screening, Testicular self-exam |
| Once a year | Blood pressure screening, Height, weight, body mass index (BMI), Cardiovascular evaluation, Comprehensive physical exam, Depression screening, Testicular cancer screening |
| Every 2 to 5 years as recommended by your primary care provider | Blood sugar test, Eye exam |
| Every 5 years | Cholesterol check |
| As needed and recommended by your primary care provider | Fertility testing, Sexually transmitted diseases (STD) tests |

*These screenings are general recommendations. You should always consult your doctor to determine the most appropriate health screening schedule for your individual needs!

| Recommendations for Men in their 40s | |
|---|---|
| Frequency | Screening |
| Once a month | Self-check skin cancer screening, Testicular self-exam |
| Once a year | Blood pressure screening, Height, weight, body mass index (BMI), Cardiovascular evaluation, Comprehensive physical exam, Depression screening, Testicular cancer screening, Full-body skin exam |
| Every 2 to 5 years as recommended by your primary care provider | Blood sugar test, Eye exam, Cholesterol check |
| Every 10 years | Colon cancer screening |
| As needed and recommended by your primary care provider | Fertility testing, Sexually transmitted diseases (STD) tests |

Why are health screenings important?

Health screenings are essential for detecting potential health issues early, often before symptoms appear. Early detection increases the chances of successful treatment and can prevent conditions from worsening. Screenings can identify risks for chronic diseases like cancer, diabetes, and heart disease, empowering you to make proactive lifestyle changes. They also provide peace of mind, ensuring you stay informed about your health. Regular screenings are a key part of preventive care, helping you live a longer, healthier life. By staying up-to-date, you take control of your well-being and protect what matters most—your health and quality of life.



| Recommendations for Men in their 50s | |
|---|--|
| Frequency | Screening |
| Once a month | Self-check skin cancer screening, Testicular self-exam |
| Once a year | Blood pressure screening, Height, weight, body mass index (BMI), Cardiovascular evaluation, Comprehensive physical exam, Depression screening, Testicular cancer screening, Full-body skin exam, Cholesterol check |
| Every 2 to 5 years as recommended by your primary care provider | Blood sugar test, Eye exam, Cholesterol check |
| Every 10 years | Colon cancer screening, Cardiac calcium scoring, Hearing test |
| As needed and recommended by your primary care provider | Bone density test Low-dose lung CT scan Prostate specific antigen (PSA) screening, Fertility testing, Sexually transmitted diseases (STD) tests |

| Recommendations for Men in their 60s and + | |
|---|--|
| Frequency | Screening |
| Once a month | Self-check skin cancer screening, Testicular self-exam |
| Once a year | Blood pressure screening, Height, weight, body mass index (BMI), Cardiovascular evaluation, Comprehensive physical exam, Depression screening, Testicular cancer screening, Full-body skin exam, Cholesterol check, Dementia and Alzheimer’s screening |
| Every 2 to 5 years as recommended by your primary care provider | Blood sugar test, Eye exam, Cholesterol check |
| Every 10 years | Colon cancer screening, Cardiac calcium scoring, Hearing test |
| As needed and recommended by your primary care provider | Bone density test Low-dose lung CT scan Prostate specific antigen (PSA) screening, Fertility testing, Sexually transmitted diseases (STD) tests, Abdominal aortic aneurysm (AAA) |