

Men's Health Checklist

Test	Ages 20–40	Ages 40–50	Ages 50+
Self-Exams—Discuss with healthcare provider	Monthly: Testicles (for lumps), Skin (moles, freckles), Oral (cancerous lesions), Breast (abnormal lumps)		
Dental Checkup	Every 6 months		
Physical Exam	Discuss with your healthcare provider		
Sexually Transmitted Diseases	Discuss with your healthcare provider		
Blood Pressure	Yearly, if normal		
Digital Rectal Exam		Yearly	
Cholesterol Blood Test	Every 5 years		
Lipid Profile	Discuss with your healthcare provider.		
Chest X-ray	Yearly, if you smoke		
Tetanus-diphtheria Booster	Every 10 years		
Blood Test and Urinalysis	Every 3 years	Every 2 years	Every year
Diabetes Screening		Every 3 years, beginning at age 45	
Hemoccult	Yearly, beginning at age 50, younger if family history of colon cancer		
Flexible Sigmoidoscopy	Discuss with your healthcare provider		
Colonography	Discuss with your healthcare provider		
Colonoscopy	Discuss with your healthcare provider		
Testosterone Screening		Discuss with your healthcare provider	
PSA Blood Test		Yearly, beginning at 50+	
Bone Mineral Density	Discuss with your healthcare provider		
Cardiac Calcium Scoring	Discuss with your healthcare provider		
Electrocardiogram (EKG)	Baseline—age 30	Every 4 years	Every 3 years