

Preventative Health for Men

| <u>Tests & Screenings</u> | <u>Purpose</u> | <u>Age</u> | <u>How Often To Be Tested</u> |
|---------------------------------|--------------------------------------------------------------------------------------|------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Blood Pressure | To detect hypertension- a major risk factor for cardiovascular disease | 21+ | Annually; more frequently if over 140/90 |
| Cholesterol Test | To check if cholesterol content of blood is too high-a major factor in heart disease | 35+ | Every 5 years or as directed by physician |
| Colorectal Exam | To detect signs of colorectal cancer which is highly treatable with early detection | 50+ | Fecal Occult Blood Test annually & Flexible Sigmoidoscopy with Digital Rectal Exam (DRE) every 5 years OR Colonoscopy and DRE every 10 years OR Double-Contrast Barium Enema and DRE every 5-10 years |
| Electrocardiogram | To test heart function | 18+ | As directed by physician |
| Professional Testicular Exam | To check for testicular cancer | 15+ | Annually or as directed by physician |
| Prostate Specific Antigen (PSA) | To detect prostate cancer | 50+ | Annually or as directed by physician |
| Routine Physical Exam | To maintain health and catch problems early | 18+ | Annually or as directed by physician |
| Testicular Self Exam | To check for painless lumps that could indicate testicular cancer | 15+ | Monthly |
| Tuberculosis Skin Test | To detect presence of tuberculosis bacteria | 18+ | As directed by physician |
| Vaccinations | To maintain health | All | As directed by physician |