

Your Essential Guide: Men's Health Checklist

Checkups and Screenings*	When?	Ages		
		20-39	40-49	50+
Self-Exams - Discuss with your healthcare provider <ul style="list-style-type: none"> • Skin (moles, freckles) • Oral (cancerous lesions) 	Monthly	●	●	●
Dental Checkup	Every 6 Months	●	●	●
Physical Exam	Annually	●	●	●
Blood Pressure (If normal)	Annually	●	●	●
Skin Cancer Screening	Annually	30+	●	●
Sexually Transmitted Diseases Discuss with your doctor.* High Risk -	Annually	●	●	●
Eye Exam Discuss with your doctor if high risk.*	Every 1-2 Years		●	●
Prostate Cancer Screening Discuss with your doctor*				●
Diabetes Screening Discuss with your doctor if high risk.* High Risk -	Every 3 Years Every 1-3 Years		45+ ●	● ●
Blood Test and Urinalysis Consider every 3-5 years, discuss with your doctor*		●	●	●
Cholesterol Blood Tests (If normal/no risk factors)	Every 5 Years Every 2 Years	●	45+ ●	●
Thyroid Test	Every 5 Years	35+	●	●
Colonoscopy Discuss with your doctor if high risk.* High Risk -	Every 10 Years		45+ ●	●
Tetanus-Diphtheria Booster Shot	Every 10 Years	●	●	●