

Recommended Health Check-Up for Men

Type of Exam	Age 18-40	Age 40-50	Age 50-60	Age 60-65	Age 65 on	Vaccinations
Routine Health Exam: Promotes early detection of common yet treatable diseases. Includes a physical exam and screenings, if needed.	Every 2-3 years	Every year	Every year	Every year	Every year	<p>Age 19 years on— Tetanus, diphtheria, pertussis: One booster every 10 years.</p> <p>Adults born after 1956— Measles, mumps, rubella: One dose (if not previously immunized). One additional dose if the person is a health care worker, was recently exposed to measles, is traveling internationally, etc.</p> <p>Age 19-49 years— Varicella, two doses (if not previously immunized)</p> <p>Age 50 years on— Influenza vaccine, yearly dose</p> <p>Age 65 years on— Pneumococcal, one dose</p>
Dental Checkup: Promotes overall oral health and screens for oral cancer. Includes an examination of the oral cavity.	1-2 times per year	1-2 times per year	1-2 times per year	1-2 times per year	1-2 times per year	
Eye Exam: Detects glaucoma and other vision problems.	Consult your physician	Every 2-4 years	Every 2-4 years	Every 2-4 years	Every 1-2 years	
Cholesterol Checks: A blood sample is collected for a test that monitors cholesterol levels.	Every 5 years before age 35 if you have other risk factors for heart disease, such as tobacco use, diabetes, high blood pressure or family history of heart disease. After age 35, all men should have cholesterol checks every 5 years.	Every 5 years	Every 5 years	Every year	Every year	
Colorectal Cancer Screenings: Several tests are included in this screening. Ask which are needed and when.	Consult your physician	Consult your physician	Fecal Occult Blood Test every year; Flexible Sigmoidoscopy every 5 years; Colonoscopy every 10 years; Double Contrast Barium Enema every 5-10 years	Fecal Occult Blood Test every year; Flexible Sigmoidoscopy every 5 years; Colonoscopy every 10 years; Double Contrast Barium Enema every 5-10 years	Fecal Occult Blood Test every year; Flexible Sigmoidoscopy every 5 years; Colonoscopy every 10 years; Double Contrast Barium Enema every 5-10 years	
Prostate-specific Antigen Blood Test: A blood sample is taken for a test that detects prostate cancer.	Consult your physician	Consult your physician	Every year	Every year	Every year	
Digital Rectal Exam: An examination of the prostate to verify it appears healthy to the touch to detect prostate cancer.	Consult your physician	Consult your physician	Every year	Every year	Every year	