

Men's Screening Recommendations

For men at any age:

- If you smoke - QUIT! Avoid exposure to second-hand smoke. Call 690.208.3999 for information about our smoking cessation program. TTY for the hearing impaired 630.933.4833.
- Eat healthy! Visit choosemyplate.gov to learn more
- Exercise five times a week for 30 minutes or more
- Get a flu vaccination every fall

Age 20 – 29:

- Physical exam every one to three years, including skin exam
- Appropriate lab testing based on history and age
- Blood pressure check and body mass index check at physical exam
- Testicular cancer screening at physical exam
- Check immunization status

Age 30 – 39:

- Physical exam every one to three years, including skin exam
- Appropriate lab testing based on history and age
- Testicular cancer screening at physical exam
- Blood pressure check and body mass index check at physical exam
- Check immunization status

Age 40 – 49:

- Physical exam every one to three years, including skin exam
- Appropriate lab testing based on history and age
- Testicular cancer screening at physical exam
- Blood pressure check and body mass index check at physical exam
- Check immunization status

Age 50 and older:

- Physical exam yearly, including skin exam
- Appropriate lab testing for history and age
- Prostate and testicular cancer screening at physical exam
- Blood pressure check and body mass index at physical exam
- Colorectal cancer screening - talk to your doctor if you have a family history of colon cancer as the guidelines may differ
- Pneumonia vaccinations at age 65, according to guidelines
- Check immunization status