

## Health Check-up for Men ages 18-39

There are specific times when you should see your doctor. Below are screening guidelines for men ages 18 to 39.

### **BLOOD PRESSURE SCREENING**

Have your blood pressure checked every 3 to 5 years unless the top number (systolic number) is between 120 and 139 or the bottom number (diastolic number) is between 80 and 89 mm Hg or higher. Then have it checked every year.

If the top number is greater than 140, or the bottom number is greater than 90, schedule an appointment with your doctor.

If you have diabetes, heart disease, kidney problems, or certain other conditions, you may need to have your blood pressure checked more often, at least once a year.

Watch for blood pressure screenings in your neighborhood or workplace. Ask your doctor if you can stop in to have your blood pressure checked.

### **CHOLESTEROL SCREENING AND HEART DISEASE PREVENTION**

Men over age 35 and older should be checked every 5 years.

If you have risk factors for heart disease, such as diabetes, start getting screened earlier, at age 20.

If you have diabetes, heart disease, kidney problems, or certain other conditions, you may need to be checked more often.

### **DIABETES SCREENING**

If your blood pressure is above 135/80 mm Hg, your doctor may test your blood sugar level for diabetes.

If you have a body mass index (BMI) greater than 25 and have other risk factors for diabetes, you should be screened. Having a BMI over 25 means that you are overweight. Asian Americans should be screened if their BMI is greater than 23.

### **EYE EXAM**

If you have vision problems, have an eye exam every 2 years, or more often if recommended by your provider.

Have an eye exam at least every year if you have diabetes.

## **IMMUNIZATIONS**

After age 19, you should have a tetanus-diphtheria and acellular pertussis (Tdap) vaccine once as part of your tetanus-diphtheria vaccines. You should have a tetanus-diphtheria booster every 10 years.

You might need to get a flu shot each year.

Talk with your provider about getting the human papilloma virus (HPV) vaccine series if you have not already had it.

You should receive 2 doses of varicella vaccine if you were born after 1980 and never had chickenpox or the varicella vaccine.

If you were born after 1956, your provider will determine if you should receive at least one dose of the measles, mumps, and rubella (MMR) vaccine.

Your provider may recommend other immunizations if you have certain medical conditions, such as diabetes.

## **INFECTIOUS DISEASE SCREENING**

Depending on your lifestyle and medical history, you may need to be screened for infections such as syphilis, chlamydia, and HIV, as well as other infections.

## **PHYSICAL EXAM**

Your blood pressure should be checked at least every 3 to 5 years.

Your height, weight, and BMI should be checked at every exam.

During your exam, your provider may ask you about:

- Depression
- Diet and exercise
- Alcohol and tobacco use
- Safety, such as use of seat belts and smoke detectors

## **TESTICULAR EXAM**

The US and European Force now recommends against performing testicular self-exam. Doing testicular exams has been shown to have little to no benefit.