

Health Check-up for Men ages 40-64

There are specific times when you should see your doctor. Below are screening guidelines for men ages 40 to 64.

BLOOD PRESSURE SCREENING

Have your blood pressure checked once a year. If the top number (systolic number) is between 120 and 139 or the bottom number (diastolic number) is between 80 and 89 mm Hg, then continue to 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.

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

CHOLESTEROL SCREENING AND HEART DISEASE PREVENTION

Your cholesterol should be checked every 5 years.

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

Some men should consider taking aspirin to prevent heart attacks. Ask your doctor before you start aspirin because aspirin may increase your risk for bleeding.

DIABETES SCREENING

If you are age 45 or older, you should be screened every 3 years.

If you are overweight, ask your doctor if you should be screened at a younger age.

If your blood pressure is above 135/80 mm Hg, or you have other risk factors for diabetes, your provider may test your blood sugar level for diabetes.

COLON CANCER SCREENING

If you are under age 50, you should be screened if you have a strong family history of colon cancer or polyps. Screening may also be considered if you have risk factors such as a history of inflammatory bowel disease or polyps.

If you are between ages 50 to 75, you should be screened for colorectal cancer. There are several screening tests available. Some common screening tests include:

- A fecal occult blood (stool-based) test done every year
- Flexible sigmoidoscopy every 10 years, along with a stool occult blood test every year
- Colonoscopy every 10 years

You may need a colonoscopy more often if you have risk factors for colon cancer, such as:

- Ulcerative colitis
- A personal or family history of colorectal cancer
- A history of growths called adenomatous polyps

EYE EXAM

Have an eye exam every 2 to 4 years ages 40 to 54 and every 1 to 3 years ages 55 to 64. Your provider may recommend more frequent eye exams if you have vision problems or glaucoma risk.

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

IMMUNIZATIONS

You might need to get a flu shot every year.

Your doctor may recommend other vaccinations if you have certain medical conditions, such as diabetes.

You should have a tetanus-diphtheria booster vaccination every 10 years. If you have not received a tetanus-diphtheria and acellular pertussis (Tdap) vaccine as one of your tetanus-diphtheria vaccines, you should have it once.

You may get a shingles or herpes zoster vaccination once after age 60.

OSTEOPOROSIS SCREENING

If you are between ages 50 to 70 and have risk factors for osteoporosis, you should discuss screening with your doctor.

Risk factors can include long-term steroid use, low body weight, smoking, heavy alcohol use, having a fracture after age 50, or a family history of osteoporosis.

PHYSICAL EXAM

Your blood pressure should be checked at least every year.

Your height, weight, and body mass index (BMI) should be checked at every exam.

During your exam, your doctor may ask you about:

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

PROSTATE CANCER SCREENING

Most men age 50 or older should discuss screening for prostate cancer with their provider. African American men and those with a family history of prostate cancer in a first degree relative younger than age 65 should discuss screening at age 45.

The potential benefits of PSA testing as a routine screening test have not been shown to outweigh the harms of testing and treatment. If you choose to be tested, the PSA blood test is most often done every year.

Prostate examinations are no longer routinely done on men with no symptoms.

TESTICULAR EXAM

The US and EUROPEAN Urology Ass has now recommended against performing testicular self-exams. Doing testicular self-exams has been shown to have little to no benefit.

LUNG CANCER SCREENING

The USPSTF recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults ages 55 to 80 years who:

- Have a 30 pack-year smoking history AND
- Currently smoke or have quit within the past 15 years