

Health Check-up for Men over 65

There are specific times when you should see your doctor. Below are screening guidelines for men age 65 and older.

ABDOMINAL AORTIC ANEURYSM SCREENING

If you are between ages 65 and 75 and have smoked, you should have an ultrasound to screen for abdominal aortic aneurysms.

Other men should discuss this screening with their doctor.

BLOOD PRESSURE SCREENING

Have your blood pressure checked every 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 or higher, 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 be checked more often, at least once a year.

Watch for blood pressure screenings in your area. Ask your doctor if you can stop in to have your blood pressure checked. You can also check your blood pressure using the automated machines at local grocery stores and pharmacies.

CHOLESTEROL SCREENING AND HEART DISEASE PREVENTION

Your cholesterol should be checked at least every 5 years if levels are normal.

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

LUNG CANCER SCREENING

The US/European Preventive Services recommends annual screening for lung cancer with low-dose computed tomography (LDCT) in adults until age 80 who:

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

COLON CANCER SCREENING

Until age 75, you should have one of the following screening tests:

- A fecal occult blood (stool-based) test done every year
- Flexible sigmoidoscopy every 10 years, along with a fecal 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 cancer of the colon or rectum
- A history of growths called adenomatous polyps

DIABETES SCREENING

If you are age 65 or older and in good health, you should be screened for diabetes every 2 years.

If you are overweight and have other risk factors for diabetes, ask your doctor if you should be screened more often.

EYE EXAM

Have an eye exam every 1 to 2 years.

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

HEARING TEST

Have your hearing tested if you have symptoms of hearing loss.

IMMUNIZATIONS

If you are age 65 or older, get a pneumococcal vaccine if you have never had one, or if it has been more than 5 years since you had the vaccine.

You should get a flu shot each year.

Get a tetanus-diphtheria booster every 10 years.

You may get a shingles, or herpes zoster, vaccine after age 60.

OSTEOPOROSIS SCREENING

If you have risk factors for osteoporosis, you should check with your doctor about screening. Risk factors can include long-term steroid use, low body weight, smoking, heavy alcohol use, a fracture after age 50, or a family history of osteoporosis.

Men age 70 and over should consider getting bone mineral density testing.

PROSTATE CANCER SCREENING

Talk with your doctor about prostate cancer screening.

The potential benefits of PSA testing as a routine screening test have not been shown to outweigh the harms of testing and treatment.

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

PHYSICAL EXAMS

Have a yearly physical exam.

Your doctor will check your weight, height, and body mass index (BMI).

During the exam, your provider will ask you about:

Your medicines and risk for interactions

- Alcohol and tobacco use
- Diet and exercise
- Safety, such as using a seat belt
- Depression