



Men's Health Checklist

Annual Physical Exam

- ☐ **Yearly physical.** Men over age 50 should have a yearly physical exam and men younger than 50 should make these appointments every three to five years. Even if you feel healthy, these checkups are important ways to identify a potential problem in the early stages. During this exam, your doctor will record your height, weight and vital signs. They may also ask about your nicotine and alcohol use, sexual health, diet and exercise habits.

Bone Health

- ☐ **Bone density test.** The National Osteoporosis Foundation recommends testing for all men 70 years or older. Your doctor may suggest screenings for men 50 and older with low BMIs or other risk factors.

Cardiovascular Health

- ☐ **Blood pressure.** Men with normal blood pressure (e.g., 120/80) should be tested every two years. Your provider may suggest more frequent appointments if your blood pressure is elevated, you have a family history of heart disease or stroke, you smoke cigarettes or you have diabetes.
- ☐ **Cholesterol.** It is recommended men ages 18 and older are screened every five years. However, your healthcare provider may encourage more frequent visits for those with a family history of heart disease, who are obese, have diabetes, or are 45 or older.

Colorectal Health

- ☐ **Colorectal cancer screening.** These tests should begin for men at 45 years of age and continue until they are 75. There are various options for this screening, including a stool test or a colonoscopy. You can discuss these options with your physician. If you choose to have a colonoscopy, this exam should be repeated every 10 years unless your physician suggests more frequent screenings. Your physician might recommend more frequent screenings before age 50 if you have a family history of colorectal cancer.

Diabetes Screening

- ☐ **Blood glucose test.** The American Diabetes Association recommends screenings for people 45 or older. However, your healthcare provider may suggest earlier screenings if you are overweight, physically inactive, have a history of high blood pressure or if diabetes runs in your family. Diabetes risk also increases if you are Black, Latinx, Native American, Asian American or Pacific Islander.

Eye, Ear, and Dental Health

- ☐ **Eye exam.** Optometrists suggest a complete eye exam at age 40, when vision changes and eye diseases are generally detected. At age 65, your eyes should be checked every year or two for signs of cataracts, glaucoma and macular degeneration. Your healthcare provider might suggest more frequent visits if you wear glasses/contacts or are at risk for eye disease.
- ☐ **Hearing test.** As we age, our hearing often decreases. In addition, hearing loss contributes to higher instances of mental health disorders, so it is important to have hearing tests every 10 years. After age 50, your doctor may suggest a test every three years.



Men's Health Checklist

- ☐ **Dental exam.** You should see a dentist every 6 to 12 months for regular cleaning. Your dentist also will perform X-rays and other exams to ensure your teeth and gums remain healthy.

Mental/Emotional Health

- ☐ **Mental health checkups** for men are just as crucial as checkups for the body. Symptoms can be debilitating and negatively affect your life and well-being. Talk with your healthcare provider about any signs of anxiety, depression, alcohol or drug addiction, eating disorders or other harmful behaviors.

Reproductive Health/Sexual Health

- ☐ **Testicular exam.** Though most men notice any changes in their testicular health via self-examination, your doctor also can check for noncancerous changes such as cysts, infection, hernias or other potential problems.
- ☐ **Prostate exam.** Though it was common for men to be screened for prostate cancer starting at age 50, the U.S. Preventive Services Task Force now suggests that you discuss the potential benefits and harms of screenings with your healthcare provider. This change avoids overdiagnosis and overtreatment, but decisions should be individualized based on your risk level after talking with your doctor.
- ☐ **Sexually transmitted infections.** All people between the ages of 13 and 64 should be tested for HIV at least once. Sexually active men should be tested annually for syphilis, chlamydia and gonorrhea.

Skin Health

- ☐ **Skin cancer screening.** Even if you are diligent about sunscreen and protective clothing, annual screenings are an excellent time to talk to your provider about any unusual moles or spots that could be a sign of melanoma.

Vaccinations

- ☐ **Routine vaccines.** Routine vaccinations include annual flu shots and a Tdap shot (tetanus, diphtheria, and pertussis) every 10 years.
- ☐ **Shingles vaccine.** Those aged 50 or over should get a two-dose vaccine to prevent shingles. Shingles can cause a rash and pain that can last for months.
- ☐ **Pneumonia and other later in life vaccines.** Men over 65 may need additional vaccinations to prevent pneumonia, meningitis and blood infections.
- ☐ **HPV vaccine.** Men younger than 26 should get the HPV vaccine if they did not receive it as a child or teenager. This vaccine is generally delivered in 2 or 3 doses.
- ☐ **COVID-19 vaccine.** The COVID-19 vaccine can help protect against the deadly coronavirus. If you have not been vaccinated yet, you should discuss whether to take this vaccine with your physician.