



## MEDICAL SCREENINGS AND TESTS TO PROTECT MEN'S HEALTH AT EVERY AGE

No matter how healthy you feel, an annual physical exam is essential to your well-being.

In addition to a basic physical exam, your primary care physician may order screening tests to check for diseases and health conditions, even before you report any specific symptoms. Screenings help find problems early, when they may be far easier to treat.

Depending on your age and medical history, you may need screening tests for:

- Certain types of cancer
- High blood pressure or high cholesterol
- Mental health conditions such as depression

[Click here](#) to learn more about screening tests.

Another important annual task is to stay up to date on vaccines. Ask your doctor or nurse which shots are recommended, and then make sure you stay current.

Click to learn more about what vaccines you need:

- [If you're age 19-49](#)
- [If you're 50 or older](#)

As the COVID-19 pandemic continues to evolve, men should be especially vigilant about handwashing and social distancing. New data suggests that the virus impacts men differently than women, although the reasons why are still unclear. Read more about the connection between COVID-19 and men's health [here](#), and be sure to follow the latest CDC guidelines as outlined [here](#).



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These recommendations apply to most adult males. Your primary care physician can tailor them to better align with your personal health history, family health history, age and health care goals.

Test	Recommendation
Abdominal aortic aneurysm	Have a one-time ultrasound imaging of your heart and aorta (the large blood vessel that comes off the heart) between the ages of 65 and 75 if you have ever smoked.
Blood pressure	Have your blood pressure checked at least once every two years if it is in the healthy range (under 120/80) or once a year if it is above normal (between 120/80 and 139/89).
Colorectal cancer	Recommended for men ages 50-75. Talk to your doctor about which screening test (fecal occult blood testing, sigmoidoscopy or colonoscopy), or combination of tests, is best for you, how often you need it and if you should continue having these tests after 75.
Diabetes	Get tested for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.
HIV/AIDS	Get tested at least once for HIV/AIDS after age 20, or earlier if you are at high risk for being infected by the human immunodeficiency virus. Discuss further testing with your doctor.
Lipid profile (total cholesterol, low-density lipoprotein, high-density lipoprotein and triglycerides)	Starting at age 35, all men should have their cholesterol checked regularly. Men at high risk for developing heart disease should start at age 20.
Lung cancer	Annual testing with low-dose computed tomography between ages 55 and 80 if you have smoked the equivalent of a pack a day for 30 years and currently smoke or have quit within the past 15 years.
Sexually transmitted infections (chlamydia, gonorrhea, syphilis)	Get tested for chlamydia yearly through age 24 if you are sexually active. After age 25, get tested for chlamydia and other sexually transmitted diseases if you are at increased risk for getting a sexually transmitted infection.