

KEEP YOUR BODY RUNNING IN TOP SHAPE

Recommended screenings for men by age



EYES/TEETH



HEART



IMMUNIZATIONS



ETC.

18-39

Eyes Every two yrs Teeth Yearly	Blood pressure Every 2 years Yearly if >120-139/80-89 hg Cholesterol Every 5 yrs if over 34 Heart Disease If you have risk factors*	Tdap After 19 HPV Vaccine Flu Yearly Tetanus Every 10 yrs	STI If you have risk factors** Physical Every 2 yrs
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40-64

Eyes Every two yrs Teeth Yearly	Blood pressure Every 2 yrs Yearly if >120-139/80-89 hg Cholesterol Every 5 yrs if normal Heart Disease If you have risk factors*	Flu Yearly Tetanus Every 10 yrs	STI If you have risk factors** Colon If over 50: Yearly stool test Sigmoidoscopy every 5 yrs Colonoscopy every 10 yrs Osteoporosis If over 50, consult physician Prostate If over 50, consult physician Consult earlier if high risk***
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65+

Eyes Every two yrs Teeth Yearly	Blood pressure Every 2 yrs Yearly if >120-139/80-89 hg Cholesterol Every 5 yrs if normal Heart Disease If you have risk factors* Abdominal Aortic Aneurysm Consult physician	Flu Yearly Tetanus Every 10 yrs Pneumococcal If it has been more than 5 yrs	STI If you have risk factors** Colon If over 50: Yearly stool test Sigmoidoscopy every 5 yrs Colonoscopy every 10 yrs If over 75: Colon cancer screening Physical Yearly Osteoporosis Consult physician Prostate Consult physician
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*Risk factors for heart disease include diabetes, family history, and smoking.

**Risk factors for sexually transmitted infections include unprotected sex, sex with multiple partners, and a history of STIs.

***Risk factors for prostate cancer include race and family history, among others.