

# Exams For Maintaining General Men's Health

*For use with MF3598, Men's Health Guide — Cancer: Early Detection and Prevention*

**Exam Year** \_\_\_\_\_

**Mouth self-exam monthly (dates)** \_\_\_\_\_

**Dental check up twice a year (dates)** \_\_\_\_\_

**Eye exam:**

- Every 2-4 years at age 40-54 (results) \_\_\_\_\_
- Every year at age 55-64 (results) \_\_\_\_\_
- Every other year at age 65+ (results) \_\_\_\_\_
- Every year if you have diabetes (results) \_\_\_\_\_

**Hearing exam:**

Consult your health care provider for hearing exam recommendations. Recent research does not show benefit or harm of regular hearing exams.

- Every 10 years (results) \_\_\_\_\_

**Physical examination**

- Every 3 years after age 30 (results) \_\_\_\_\_
- Every 2 years after age 40 (results) \_\_\_\_\_
- Every year after age 50 (results) \_\_\_\_\_

**During your exam, your provider may ask you about:**

- Depression
- Diet and exercise
- Alcohol and tobacco use
- Safety, such as use of seat belts and smoke detectors
- Mental clarity for dementia or Alzheimer's
- Changes in body weight
- Unexplained weight changes
- Urinary incontinence
- Other symptoms or conditions

**Immunizations**

- Tetanus-diphtheria booster shot every 10 years (date) \_\_\_\_\_
- Shingles Vaccinations at age 50 (date) \_\_\_\_\_
  - Second dose 2-6 months later (date) \_\_\_\_\_

**Immunizations continued:**

- Flu shot every year after age 50 (date) \_\_\_\_\_
  - Pneumonia shot once, at age 65 (date) \_\_\_\_\_
  - Other as recommended by your health care provider \_\_\_\_\_
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**Heart Health and Diabetes**

Preventing Development of Cardiovascular Disease

Blood pressure measured every year (results) \_\_\_\_\_

Blood test for triglycerides and cholesterol every 5 years after age 20 (results) \_\_\_\_\_

Diabetes starting every 3 years at age 44 (results) \_\_\_\_\_

**Cancers**

**For Preventing Development of Skin Cancer**

Checking for unusual moles and changes in skin condition

Self-exam monthly (dates) \_\_\_\_\_

**Preventing Development of Prostate Cancer**

Blood test for prostate-specific antigen

Every year after age 50 (results) \_\_\_\_\_

**Preventing Development of Colon Cancer**

Choose one or more of the following as discussed with your health care professional:

- Fecal occult blood test every year after age 50 (results) \_\_\_\_\_
- Flexible sigmoidoscopy every 5 years after age 50 (results) \_\_\_\_\_
- Virtual Colonoscopy every 5 years after age 50 (results) \_\_\_\_\_
- Colonoscopy every 10 years after age 50 (results) \_\_\_\_\_

**Preventing Development of Testicular Cancer Testicular**

Self-exam monthly (dates) \_\_\_\_\_