

Recommended Health Checkups for Men:

For Preventing Development of Testicular Cancer

Testicular self-exam – Monthly _____

For Preventing Development of Skin Cancer

Self-exam to check for unusual moles and changes in skin condition –
Monthly _____

For Maintaining General Health

Mouth self-exam – Monthly _____

Dental check-up – Twice a year _____

Eye exam – Every 5 yrs. _____

Hearing exam – Every 10 yrs. _____

Tetanus-diphtheria booster shot – Every 10 years _____

Physical examination – Every 3 years after age 30 _____

– Every 2 years after age 40 _____

– Every year after age 50 _____

Flu shot – Every year after age 50 _____

Pneumonia shot – Once, at age 65 _____

For Preventing Development of Cardiovascular Disease

Blood pressure measured – Every year _____

Blood test for triglycerides & cholesterol – Every 5 years after age 20 _____

For Preventing Development of Prostate Cancer

Blood test for prostate-specific antigen – Every year after age 50 _____

For Preventing Development of Colon Cancer

Fecal occult blood test – Every year after age 50 _____

Digital rectal exam – Every year after age 50 _____

Flexible sigmoidoscopy – Every 5 years after age 50 _____

Double contrast barium enema – Every 5-10 years after age 50 _____

Colonoscopy – Every 10 years after age 50 _____