Recommended Health Checkups for Men:



recommended ne	aith officekups for Mch.	Kansas State University
For Preventing Deve Testicular self-exa	lopment of Testicular Cancer am - Monthly	Research and Extension
	lopment of Skin Cancer r unusual moles & changes in sk thlv	in condition -
For Maintaining General Mouth self-exam - Dental check-up - Eye exam - Every Hearing exam - E Tetanus-diphtheri Physical examina - Every 2 years	Pral Health Monthly Twice a year 5 yrs very 10 yrs a booster shot - Every 10 years _ tion - Every 3 years after age 30 ears after age 40 r after age 50	
	ear after age 50 Once, at age 65	
For Preventing Deve Testicular self-exa	•	Kansas State University Research and Extension
For Preventing Deve Testicular self-exa For Preventing Deve	lopment of Testicular Cancer am - Monthly lopment of Skin Cancer	Research and Extension
For Preventing Deve Testicular self-exa For Preventing Deve	lopment of Testicular Cancer am - Monthly lopment of Skin Cancer r unusual moles & changes in sk	Research and Extension

Recommended Health Checkups for Men:

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
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