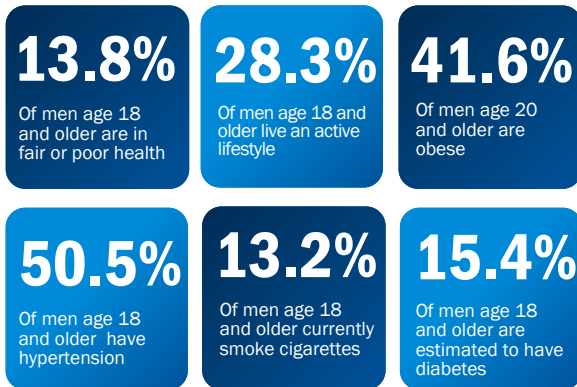


If you are due for a screening or have questions about any of the tests below, please **contact your healthcare provider today.**

Men's Wellness

A Guide to Wellness Screenings to Keep You Healthy

As a man, your health care needs change as you move through life. This information will help you know when you may need certain health tests and screenings.



Disease/Condition	Age	Risk Factors	Frequency
Colon Cancer	45-75	Family history of colorectal cancer, inflammatory bowel diseases	Every 5-10 years
Lung Cancer	50-80	Family history of lung cancer or history of smoking	Annually
Prostate Cancer	55-69	Family history of prostate cancer	When necessary for increased risk
Skin Cancer	18+	Family or personal history of skin cancer, history of sunburn, or tanning	Every 3-5 years
Abdominal Aortic Aneurysms	65-75	History of smoking, family history, elevated blood pressure	At least once
Blood Pressure	40	Elevated blood pressure, poor diet, physical inactivity, obesity, family history of hypertension	Annually after 40
Cholesterol	35	Family history of heart disease, physical inactivity, poor diet, smoking	Every 5 years
Diabetes	35	Obesity, family history, racial/ethnic minorities	Every 3 years
Osteoporosis	50-64	Long-term steroid use, low body weight, smoking, heavy alcohol use, family history	Every 5-10 years
Hepatitis C	18-79	Blood transfusion before 1992, sexually active, sharing unsterilized items like razors or needles	At least once
HIV	15-65	Sexually active, sharing unsterilized items like razors or needles	At least once
STDs	Any	Sexually active, especially without protection	As necessary

¹ Centers for Disease Control and Prevention. (2024, May 15). National diabetes statistics report. U.S. Department of Health and Human Services. <https://www.cdc.gov/diabetes/php/data-research/index.html>. ² Centers for Disease Control and Prevention. (2024, May 02). Men's health. U.S. Department of Health and Human Services. <https://www.cdc.gov/nchs/fastats/mens-health.htm>. ³ National Library of Medicine. (2023, August 01). Health screenings for men ages 18 to 39. National Institutes of Health. <https://medlineplus.gov/ency/article/007464.htm>. ⁴ National Library of Medicine. (2022, April 30). Health screenings for men ages 40 to 64. National Institutes of Health. <https://medlineplus.gov/ency/article/007465.htm>. ⁵ National Library of Medicine. (2022, April 30). Health screenings for men age 65 and older. National Institutes of Health. <https://medlineplus.gov/ency/article/007466.htm>.