

# MEN'S CHECK-UP CHECKLIST

A schedule of check-ups and age-appropriate screenings for men to help maintain wellness and prevent cancer.

Talk to your physician for the right check-ups, screenings, and intervals for you, based on your health status or risk factors, such as family history, alcohol or tobacco use, obesity, sexual activity, etc.

*Please confirm coverage of these services with your insurance company.*

Check-Ups and Screenings	When	19-39	40-49	50+
<b>PHYSICAL EXAM:</b> Thorough check of overall health status and well-being, including a testicular exam	Every year	✓	✓	✓
<b>BLOOD PRESSURE:</b> High blood pressure has no symptoms, but can cause permanent damage to organs	Every year	✓	✓	✓
<b>BLOOD &amp; URINE TESTS:</b> Screen for cholesterol and diabetes problems before symptoms occur	Cholesterol: Every 5 years	✓	✓	✓
	Diabetes: Every 3 years	✓	✓	✓
<b>PREVENTIVE CARE EXAMS:</b> Dental	Every 6 months	✓	✓	✓
<b>BONE HEALTH:</b> <b>Bone Mineral Density Test</b> should be obtained at least once for all males to screen for bone loss	Baseline at age 70			✓
<b>SEXUALLY TRANSMITTED INFECTIONS (STIs):</b> Obtain testing if there is a concern about exposure or symptoms	Discuss with your physician	✓	✓	✓
<b>ORAL HEALTH &amp; CANCER:</b> Mouth and Throat Exam	Every year	✓	✓	✓
<b>SELF-AWARENESS:</b> <b>Testicular:</b> To find abnormal lumps <b>Breast:</b> To find abnormal lumps <b>Skin:</b> To look for signs of changing moles, freckles or sun spots	Every month Discuss abnormal findings with your physician	✓	✓	✓
<b>PROSTATE HEALTH &amp; CANCER:</b> Prostate Specific Antigen (PSA) blood test and Digital Rectal Exam (DRE) by a physician	Baseline at age 45, or earlier in high-risk patients, followed by annual or less frequent testing depending on PSA results and risk		✓	✓
<b>COLON &amp; RECTAL HEALTH &amp; CANCER:</b> Screening Colonoscopy: The preferred exam to prevent cancer. Other options requiring annual testing are available.	Begin at age 45 Every 10 years or more often, based on results		✓	✓
<b>LUNG HEALTH &amp; CANCER:</b> Low-Dose Chest CT	For individuals that have smoked a pack a day for 20 years or more			✓

**To learn more, contact OhioHealth CancerCall at (614) 566-4321 or (800) 752-9119, Monday through Friday, 8 AM to 4:30 PM.**

OhioHealth follows the National Comprehensive Cancer Network (NCCN) and MD Anderson Cancer Center for screening guidelines.

