



Screening Recommendations for Men age 50 and older

Men ages 50 and older

PERIODICALLY

- Cardiovascular screening
- Prostate specific antigen test (PSA)
- Hearing screening
- Digital rectal exam

EVERY MONTH

- Testicular self-exam
- Skin cancer self-exam

EVERY 6 MONTHS

- Dental check-up

EVERY HEALTHCARE VISIT

- Blood pressure measurement (at least every two years)
- Body Mass Index (BMI) measurement

EVERY YEAR

- Clinical skin cancer exam
- Physical exam
- Eye exam (every 1-5 years)
- Baseline EKG (starting at age 40)
- Colorectal/fecal occult blood test

EVERY 3-5 YEARS

- Total cholesterol panel
- Blood glucose test (starting at age 45)
- Fasting glucose (after age 45)

EVERY 5 YEARS

- Rectal exam
- Sigmoidoscopy

EVERY 10 YEARS

- Colonoscopy

DAILY STEPS TO HEALTH

- **Don't smoke or use tobacco products**
- **Be physically active**
- **Eat a healthy diet**
- **Stay at a healthy weight**
- **Drink alcohol in moderation only**



Personal health screenings should be scheduled according to your personal health history, risk factors and family medical history.

Talk with your doctor about scheduling screenings that are right for you.