

## MEN



PROCEDURE	FREQUENCY	AGE CATEGORY				
		18 - 19	20 - 39	40 - 49	50 - 64	65+
Testicular Self-Exam	Every month	X	X	X	X	X
Height/Weight Measurement	Every visit	X	X	X	X	X
Blood Pressure	Every visit	X	X	X	X	X
Complete Physical	Every year	X	X	X	X	X
Prostate Exam	Every year			X	X	X
Check Stool for Blood	Every year				X	X
Flu Vaccine	Every year	X	X	X	X	X
Testicular Exam by Clinician	Every 1-2 years	X	X	X	X	X
Lipid Panel/Cholesterol	Every 3-5 years		X	X	X	X
Sigmoidoscopy	Every 5 years				X	X
Colonoscopy	Every 10 years				X	X
DT Booster (Diphtheria/Tetanus)	Every 10 years	X	X	X	X	X
Pneumococcal Vaccine	Every 10 years					X
PSA	-----	If indicated by your healthcare provider				

### PHYSICAL ACTIVITY

- Consult your doctor to help you find an exercise program to meet your needs and physical condition.
- Choose an activity you enjoy, involving repetitive motion of your arms and legs, builds muscular and cardiovascular endurance.

### INJURY PREVENTION

- Wear a seatbelt when riding in a car.
- Have a plan of escape in case of a fire.
- Install smoke detectors and change batteries regularly.
- Ensure safe storage and/or removal of firearms.
- Wear a helmet when on a bicycle, motorcycle, dirt bike, ATV or snowmobile.

### SEXUAL BEHAVIOR

- To help avoid sexually transmitted diseases, avoid high-risk sexual behavior and use protection.

### NUTRITION

- Ensure adequate calcium intake to help reduce the risk of osteoporosis.
- Limit fat, cholesterol and added sugars in your diet.

### SUBSTANCE AND/OR PHYSICAL ABUSE

- Avoid drug and excessive alcohol use.
- Discuss how to stop the use of tobacco products with your healthcare provider.
- Report if you are being abused or injured in any way.
- If you are being abusive seek the help of a professional.

### ADVANCE MEDICAL DIRECTIVES

- If you don't have something like this in place or would like to know more about it, contact your healthcare provider.

**Note:** All recommendations assume an adult male at average risk. If you have a family history or other increased risk, screenings should commence at an earlier age or occur more frequently. Even though these are recommended screenings, not all insurance companies may cover them. Please review your benefits policy for details.



Contact Us  
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