

HEALTH CARE GUIDE FOR MEN

Test, exam or service	21-39 years	40-44 years	45-49 years	50-54 years	55-70+ years
Weight, Height	Each year				
Body Mass Index					
Blood Pressure					
Cholesterol	Every 1-5 years			Yearly	
Stool for Occult Blood		Review risks with physician		Yearly	
Colonoscopy				Usually every 10 years	
Sigmoidoscopy				Usually every 5 years	
Prostate	Ask your doctor				
Vision/glaucoma			Every 2-4 years		Every year
Hearing	As part of a routine physical				
Tetanus/diphtheria booster	Every 10 years				
Pneumococcal	Once in a lifetime (if before 65, may need 2 nd dose)				
Flu vaccine	Yearly				
Dental	Every 6 months, at least once a year				
Health Advice	Every year talk about these topics: injury prevention, violence prevention, domestic violence, nutrition, smoking, alcohol, drugs, sexual behavior, breast self-exam, osteoporosis prevention and mental health issues.				