

## June is National Men's Health Month

This month the focus is on men's health. Regular Check-ups and age- appropriate screenings can improve your health and reduce premature death and disability.

Check ups and screenings	When?	20-39 y/o	40-49 y/o	50+
<b>Physical Exam:</b> Review overall health status, perform, a thorough physical exam, and discuss comprehensive plan for health needs.	Every 3 years	X		
	Every 2 years		X	
	Every year			X
<b>Blood Pressure:</b> High Blood pressure (Hypertension) usually has no symptoms, but can cause permanent damage to body organs	Every year	X	X	X
<b>T Skin Test:</b> Should be done n the occasion of exposure or suggestive symptoms by direction of physician	Every 5 years	X	X	X
<b>Blood Tests and urinalysis:</b> Screens for various illnesses and diseases such as high cholesterol. Diabetes, kidney or thyroid dysfunction.	Every 3 years	X		
	Every 2 years		X	
	Every year			X
<b>EKG:</b> Electrocardiogram screens for heart abnormalities.	BASELINE	at 30		
	Every 4 years		X	
	Every 3 years			X
<b>Tetanus Booster:</b> Prevents Lockjaw	Every 10 years	X	X	X
<b>Rectal Exam:</b> Screens for hemorrhoids, lower rectal problems, colon, prostate cancer.	Every year	X	X	X
<b>PSA Blood Test:</b> Prostate Specific Antigen is produced by the prostate. His level rises when there is an abnormality such as an infection, enlargement or cancer.	Every Year		May start at age 40 if family history of prostate cancer.	X
<b>Hemoccult:</b> Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer	Every year		X	X
<b>Hepatitis C Screening:</b>	Once for all people born 1945-1964.			

Check- up and screenings	When?	20-39	40-49	50+
<u>Colorectal Health</u> : A Flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 years			X
<u>Chest X Ray</u> : Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is not recommended.	Discuss with physician		X	X
<u>Self –Exams</u> : Testicle – to find lumps in the earliest stages. Skin – To look for signs of changing moles, freckles or skin cancers Oral: To look for signs of cancerous lesions in the mouth Breast: To find abnormal lumps in their earliest stages.	Monthly self exams	X	X	X
<u>Bone Health</u> : Bone mineral density test. Testing is done under the supervision of physician.	Discuss with physician			Age 60
<u>Testosterone Screening</u> : Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a simple blood test	Discuss with physician		X	X
<u>Sexually transmitted diseases (STDs)</u> : Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, Chlamydia and other STDs.	Discuss with physician	X	Discuss	Discuss

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**\*\*Guidelines only – Frequency of testing is determined by an individual’s health and family history.**

**\*\* Insurance companies may not pay for all screenings, check before requesting.**