

MEN: 20-29

Disease/Condition	Test	Frequency	Date of Screening		
Hypertension	Blood Pressure	Every 2-3 years			
Obesity	Body Fat / BMI	Every 1-2 years			
Oral Health	Dental Exam	Annually			
Testicular Cancer	Testicular self exam	Monthly			
	Clinical exam	As recommended by your physician			
Skin Cancer	Self Exam	Monthly			
	Clinical exam	As recommended by your physician			

MEN: 30-39

Disease/Condition	Test	Frequency	Date of Screening		
Hypertension	Blood Pressure	Every 2-3 years			
Obesity	Body Fat / BMI	Every 1-2 years			
High Cholesterol	Lipid Profile – after age 35	Low risk every 5 years High Risk every 2 years			
Oral Health	Dental Exam	Annually			
Testicular Cancer	Testicular self exam Clinical exam	Monthly As recommended by your physician			
Skin Cancer	Self Exam	Monthly			
	Clinical exam	As recommended by your physician			

MEN: 40-49

Disease/Condition	Test	Frequency	Date of Screening		
Hypertension	Blood Pressure	Every 1-2 years			
Obesity	Body Fat / BMI	Every 1-2 years			
High Cholesterol	Lipid Profile	Low risk every 5 years High Risk every 2 years			
Oral Health	Dental Exam	Annually			
Testicular Cancer	Testicular self exam Clinical	Monthly As recommended by your physician			
Skin Cancer	Self Exam Clinical exam	Monthly Screening by health care provider every 1-3 years			

MEN: 50-65

Disease/Condition	Test	Frequency	Date of Screening		
Hypertension	Blood Pressure	Every 1-2 years			
Obesity	Body Fat / BMI	Every 1-2 years			
High Cholesterol	Lipid Profile	Low risk every 5 years High Risk every 2 years			
Oral Health	Dental Exam	Annually			
Testicular Cancer	Testicular self exam Clinical exam	Monthly As recommended by your physician			
Skin Cancer	Self Exam Clinical	Monthly Screening by health care provider every 1-3 years			
Visual Impairment	Vision Screen	Every 2-3 years			
Colon Cancer	Fecal Occult Blood	Every year			
Colon Cancer	and Flexible Sigmoidoscopy	Every five years. These two tests together are better than either alone			
Colon Cancer	or Colonoscopy or double contrast barium enema	Every 10 years Every 5 years			
Prostate Cancer	PSA test	Discuss with your doctor every year			

MEN: 65+

Disease/Condition	Test	Frequency	Date of Screening		
Hypertension	Blood Pressure	Every 1-2 years			
Obesity	Body Fat / BMI	Every 1-2 years			
High Cholesterol	Lipid Profile	Low risk every 5 years High Risk every 2 years			
Oral Health	Dental Exam	Annually			
Testicular Cancer	Testicular self exam Clinical Exam	Monthly As recommended by your physician			
Skin Cancer	Self Exam Clinical exam	Monthly Screening by health care provider every 1-3 years			
Visual Impairment	Vision Screen	Every 2-3 years			
Colon Cancer	Fecal Occult Blood	Every year			
Colon Cancer	And Flexible Sigmoidoscopy	Every 5 years. These two tests together are better than either alone			
Colon Cancer	or Colonoscopy or double-contrast barium enema	Every 10 years Every 5 years			