



# A Man's Guide to Health Screenings

SCREENING	TYPE	AGE GROUP	WHEN
<b>MENTAL HEALTH</b>	Interview by your doctor	18 years and older	At least yearly
<b>VASCULAR</b>	Ultrasound test for abdominal aortic aneurysm	65 to 75 years	Once in a lifetime for every smoker
<b>HEART HEALTH</b>	Blood pressure Blood cholesterol test	18 years and older 35 years and older	Every 1 to 2 years Every 5 years (men < 35, talk to your doctor)
<b>DIABETES</b>	Blood sugar test	All men 18 years and older should discuss with their doctor  Highly recommended for men 40 to 70 years old	May be obtained annually, talk to your doctor
<b>HEPATITIS C</b>	Bloodwork	Men born 1945 to 1965	At least once in a lifetime
<b>OSTEOPOROSIS</b>	DEXA scan for bone density	70 years and older	Frequency depends on initial results
<b>PROSTATE CANCER</b>	Physical exam and bloodwork	Starting at age 55 for most men; age 40 for men at higher risk	Discuss frequency and potential advantages/limitations of screening with your doctor
<b>COLON CANCER</b>	Colonoscopy preferable	50 to 74 years  Young men at high risk may start earlier	Every 5 to 10 years depending upon family history
<b>LUNG CANCER</b>	Low-dose CT scan of chest in highly selected group of men	55 to 80 years depending upon smoking history	Every year
<b>HIV</b>	Blood work	13 to 64 years of age	At least once in a lifetime
<b>OTHER COMMUNICABLE DISEASES</b>	HPV vaccination	9 to 21 years, may also be given at 22 to 26 years of age in selected groups	3 shots within 6 months

Visit [MedStarGoodSam.org/GoodHealth](http://MedStarGoodSam.org/GoodHealth) or call **855-546-1995** for more information or to make an appointment with a physician.