



Routine Checkup for Men

You wouldn't skip your oil change, so why is your body any different? Health screenings are a vital part of living well, and they allow physicians to detect conditions and diseases in the early stages.

Your body is like an engine — here are some system checks you can expect at your checkup:

- Physical exam
- Weight and body mass index (BMI) check
- Blood pressure check
- Vaccination status check
- Routine labs
- Mental health screening for anxiety and depression
- Sexually transmitted infection (STI) screening, if you are sexually active and at risk of infection
- Substance use screening
- Cancer screening



20s to 30s

- **Eye exam:** Start and continue every year.
- **Dental exam:** Continue every six to 12 months.
- **Cholesterol screening:** Start and continue at least every five years. If you have other risk factors or a family history of early heart disease, your physician may recommend more frequent testing.
- **Type 2 diabetes screening:** Start and continue at least every three years.



40s

- **Colorectal cancer screening:** Start at age 45 with a screening colonoscopy and continue every 10 years unless your physician recommends otherwise.
- **Prostate cancer screening:** Start before age 50 with a prostate-specific antigen (PSA) test if you have risk factors such as family history of early prostate cancer or if you are Black.



50s

- **Lung cancer screening:** Start at age 50 with a CT scan if you:
 - Have a smoking history of at least 20 pack-years

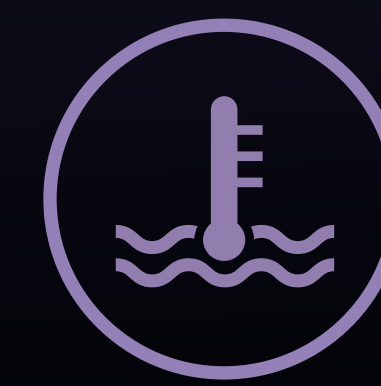
To determine your pack-years, multiply the number of packs per day by the number of years smoked.

 - Currently smoke or quit within the past 15 years
- **Abdominal aortic aneurysm (AAA) screening:** Start screening at the following ages, based on your risk factors:
 - Age 50 or older if you have a family history of AAA *and* a smoking history
 - Age 55 if you have a family history of AAA
 - Age 65 if you have a smoking history



60s

- **Cognitive function discussion:** Talk about any changes in mood, memory or thinking with your physician.



70s +

- **Bone density screening:** Start at age 70 with a DEXA scan (bone density test) if you have risk factors for fractures.



Sources:

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/screening-for-prediabetes-and-type-2-diabetes>
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<https://www.bonehealthandosteoporosis.org/patients/diagnosis-information/bone-density-examtesting/>
<https://www.aoa.org/healthy-eyes/caring-for-your-eyes/eye-exams>
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