



A Man's Guide to Health Screenings

SCREENING	TYPE	AGE GROUP	WHEN
MENTAL HEALTH	Interview by your doctor	18 years and older	At least yearly
VASCULAR	Ultrasound test for abdominal aortic aneurysm	65 to 75 years	Once in a lifetime for every smoker
HEART HEALTH	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)
DIABETES	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
HEPATITIS C	Bloodwork	Men born 1945 to 1965	At least once in a lifetime
OSTEOPOROSIS	DEXA scan for bone density	70 years and older	Frequency depends on initial results
PROSTATE CANCER	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
COLON CANCER	Colonoscopy preferable	50 to 74 years Young men at high risk may start earlier	Every 5 to 10 years depending upon family history
LUNG CANCER	Low-dose CT scan of chest in highly selected group of men	55 to 80 years depending upon smoking history	Every year
HIV	Blood work	13 to 64 years of age	At least once in a lifetime
OTHER COMMUNICABLE DISEASES	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 or call **855-546-1995** for more information or to make an appointment with a physician.