



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 disease in early stages. Your body is like an engine — here are some system checks you might expect to encounter at your check-up.

- Physical exam
- Skin exam
- Weight check
- Body mass index check
- Blood pressure check
- Immunization status check
- Anxiety and depression screening



20s - 30s

- Eye exams start and continue every 2 – 4 years
- HIV testing
- Cholesterol screenings begin at age 35



60s

- Hearing exams begin
- Screening for dementia and Alzheimer's disease
- Pneumonia vaccinations may start at age 65 according to guidelines



40s

- Screening for Type 2 diabetes



70s

- Bone density screening for osteoporosis



50s

- Colonoscopy (then once every 10 years)*
- Prostate cancer screening discussion

