

# MEN'S CHECK-UP CHECKLIST

A schedule of check-ups and age-appropriate screenings for men to help maintain wellness and prevent cancer.

Talk to your physician for the right check-ups, screenings, and intervals for you, based on your health status or risk factors, such as family history, alcohol or tobacco use, obesity, sexual activity, etc.

*Please confirm coverage of these services with your insurance company.*

Check-Ups and Screenings	When	19-39	40-49	50+
PHYSICAL EXAM: Thorough check of overall health status and well-being, including a testicular exam	Every 3 years	✓		
	Every 2 years		✓	
	Every year			✓
BLOOD PRESSURE: High blood pressure has no symptoms, but can cause permanent damage to organs	Every year	✓	✓	✓
BLOOD & URINE TESTS: Screen for cholesterol, diabetes, kidney and thyroid problems before symptoms occur	Every 3 years	✓		
	Every 2 years		✓	
	Every year			✓
EKG: Checks heart rhythm to screen for problems	Baseline at age 30	✓		
	Every 4 years		✓	
	Every 3 years			✓
PREVENTIVE CARE EXAMS: Dental	Every 6 months	✓	✓	✓
Hearing and Vision	Every year	✓	✓	✓
BONE HEALTH: Bone Mineral Density Test should be obtained at least once for all males to screen for bone loss	Baseline at age 70			✓
SEXUALLY TRANSMITTED DISEASES (STDs): Obtain testing if there is a concern about exposure or symptoms	Discuss with your physician	✓	✓	✓
ORAL HEALTH & CANCER: Mouth and Throat Exam	Every year	✓	✓	✓
SELF-EXAMS: Testicular: To find abnormal lumps Breast: To find abnormal lumps Skin: To look for signs of changing moles, freckles or sun spots	Every month Discuss abnormal findings with your physician	✓	✓	✓
PROSTATE HEALTH & CANCER: Prostate Specific Antigen (PSA) blood test and Digital Rectal Exam (DRE) by a physician	Baseline between ages 45-49 and then annually or less often depending on results and risk		✓	✓
COLON & RECTAL HEALTH & CANCER: Screening Colonoscopy: The preferred exam to prevent cancer. Other options requiring annual testing are available.	Begin at age 45 Every 10 years or more often, based on results		✓	✓
LUNG HEALTH & CANCER: Low-Dose Chest CT	For current or former smokers between ages 50-80. Smokers must have 20+ pack years (#packs x #years) and former smokers must have quit within last 15 years. Patients may not have lung cancer symptoms. (Some exceptions may apply)			✓

To learn more, contact OhioHealth CancerCall at (614) 566-4321 or (800) 752-9119, Monday through Friday, 8 AM to 5 PM.

OhioHealth follows the National Comprehensive Cancer Network (NCCN) and MD Anderson Cancer Center for screening guidelines.

