### Physical Exam
Review overall health status, perform a thorough physical exam, and discuss health related topics.

- **Every 3 years**
- **Every 2 years**
- **Every year**

### Blood Pressure
High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.

- **Every year**

### TB Skin Test
Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.

- **Every 5 years**

### Blood Tests & Urinalysis
 Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.

- **Every 3 years**
- **Every 2 years**
- **Every year**

### EKG
Electrocardiogram screens for heart abnormalities.

- **Baseline**
- **Age 30**

### Tetanus Booster
Prevents lockjaw.

- **Every 10 years**

### Rectal Exam
Screens for hemorrhoids, lower rectal problems, colon and prostate cancer (see PSA Blood Test, below).

- **Every Year**

### PSA Blood Test
Prostate Specific Antigen (PSA) is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician.

*Some medical associations recommend that men speak to their health care providers about a baseline PSA blood test at age 40. Men at high risk, including African Americans, should consider an annual prostate exam beginning at age 40.*

- **Every Year**

### Hemoccult
Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.

- **Every Year**

### Colorectal Health
A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.

- **Every 3-4 Years**

### Chest X-Ray
Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.

- **Discuss with a physician**

### Bone Health
Bone mineral density test. Testing is best done under the supervision of your physician.

- **Discuss with a physician**
- **Age 60**

### Self Exams
Testicle: To find lumps in their earliest sages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.

- **Monthly by self**

### Testosterone Screening
Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.

- **Discuss with a physician**

### Sexually Transmitted Diseases (STDs)
Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, HIV, and other STDs.

- **Under physician supervision**

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**Checkups and Screenings**

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<th>Physical Exam</th>
<th>When?</th>
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<tr>
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</tbody>
</table>

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*Men’s Health Network does not provide medical services but provides this maintenance schedule as a reminder of your need to take responsibility for safeguarding your health. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should consult your health care provider to determine if these screenings are right for you and about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease.*

For more information about men’s health, contact: Men’s Health Network: 202-543-MHN-1, www.menshealthnetwork.org