



Dean

HEALTH SYSTEM

Men's Health Check Guide

Under 30	Age 30–50	After Age 50
<p>› Routine visit every 1–3 years—physical exam tends to be largely problem-directed and includes testicular exam</p>	<p>› Routine visit every 1–2 years</p>	<p>› Complete physical yearly, including blood pressure, height, weight and digital rectal exam</p>
<p>› Every 1–2 years: blood pressure, height, weight</p>	<p>› Every 1–2 years: blood pressure, height, weight</p>	
<p>› Dental—at least yearly</p>	<p>› Dental—at least yearly</p>	<p>› Dental—at least yearly</p>
<p>› Should be doing a testicular self-exam every 1–2 months, especially between ages 15–35</p>	<p>› Should be doing a testicular self-exam every 1–2 months, especially between ages 15–35</p>	<p>› Vision and hearing—periodically</p>
<p>› Basic lab screening—1–3 times during the ages of 20–40:</p> <ul style="list-style-type: none">• hemogram (complete blood profile)• urine analysis• basic metabolic profile (includes test for kidney function and electrolytes)• cholesterol screening every 5 years	<p>› Basic lab screening—2–4 times during the ages of 30–50:</p> <ul style="list-style-type: none">• hemogram (complete blood profile)• urine analysis• basic metabolic profile (includes test for kidney function and electrolytes)• cholesterol screening every 5 years	<p>› Basic lab screening—annually</p> <ul style="list-style-type: none">• PSA blood test to screen for prostate cancer• comprehensive metabolic profile (includes test for kidney function and electrolytes and liver function)• cholesterol screening every 5 years
	<p>› Ages 40–50: comprehensive metabolic profile (includes test for kidney function and electrolytes and liver function)</p>	<p>› Regular colorectal cancer screening</p>
	<p>› Ages 40–50: PSA (blood lab test to screen for prostate cancer) and digital rectal exam in high-risk groups, such as men with a positive family history and black males</p>	<p>› Annual stool hemotest (fecal occult blood test)</p>
		<p>› Flexible sigmoidoscopy (partial colon cancer screen) at age 50 and every five years after, or colonoscopy (total colon cancer screen) every 10 years</p>

This chart provides general healthcare guidelines for men, but is not meant to replace any advice and guidance given by your physician. Please use this as a reminder to take care of your personal health, and as a list of topics to discuss with your doctor. If you don't have a personal doctor, call Dean On Call 1-800-57-NURSE (1-800-576-8773) for more information.