

Screenings for Men



Guidelines for routine health screenings are listed below. Keep in mind that these are just general guidelines. The health care professional may recommend screenings and tests sooner or more frequently based on age, health history, lifestyle, and other important issues.

Health screening tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 65 and older
General				
Full checkup, including weight and height	Discuss with the health care professional	Discuss with the health care professional	Discuss with the health care professional	Discuss with the health care professional
Heart				
Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test	Start at age 20, discuss with the health care professional	Discuss with the health care professional	Discuss with the health care professional	Discuss with the health care professional
Diabetes				
Blood glucose test	Discuss with the health care professional	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Prostate				
Digital rectal exam (DRE)		Discuss with the health care professional	Discuss with the health care professional	Discuss with the health care professional
Prostate-specific antigen (PSA) (blood test)		Discuss with the health care professional	Discuss with the health care professional	Discuss with the health care professional
Reproductive				
Testicular exam	Monthly self-exam; and part of a general checkup	Monthly self-exam; and part of a general checkup	Monthly self-exam; and part of a general checkup	Monthly self-exam; and part of a general checkup
Chlamydia test	Discuss with the health care professional	Discuss with the health care professional	Discuss with the health care professional	Discuss with the health care professional
Sexually transmitted infection (STI) tests	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse
Colorectal				
Fecal occult blood test			Yearly	Yearly
Flexible sigmoidoscopy (with fecal occult blood test)			Every 5 years (if not having a colonoscopy)	Every 5 years (if not having a colonoscopy)
Double contrast barium enema (DCBE)			Every 5–10 years (if not having a colonoscopy or sigmoidoscopy)	Every 5–10 years (if not having a colonoscopy or sigmoidoscopy)
Colonoscopy			Every 10 years	Every 10 years
Rectal exam	Discuss with the health care professional	Discuss with the health care professional	Every 5–10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)	Every 5–10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)
Eye and ear				
Complete eye exam	If he has problems or visual changes	Every 2–4 years	Every 2–4 years	Every 1–2 years
Hearing test	Starting at age 18, then every 10 years	Every 10 years	Discuss with the health care professional	Discuss with the health care professional
Skin				
Mole exam	Monthly mole self-exam; by a health care professional every 3 years, starting at age 20	Monthly mole self-exam; by a health care professional every year	Monthly mole self-exam; by a health care professional every year	Monthly mole self-exam; by a health care professional every year
Oral				
Dental exam	1–2 times every year	1–2 times every year	1–2 times every year	1–2 times every year
Mental health				
Mental health screening	Discuss with the health care professional	Discuss with the health care professional	Discuss with the health care professional	Discuss with the health care professional

Source: US Department of Health and Human Services, Office on Women's Health.