



# SCREENING TESTS FOR MEN\*

These guidelines are recommended by the U.S. Preventive Services Task Force. These timelines are for the public in general. Check with your physician about how this can be tailored to you as an individual. For a full list of screening tests for women visit [www.womenshealth.gov](http://www.womenshealth.gov) or call 1-800-994-9662.

SCREENING TESTS	18–39	40–49	50–64	65 AND OLDER
<b>ABDOMINAL AORTIC ANEURYSM SCREENING</b>				Get this one-time screening if you are age 65 to 75 and have ever smoked.
<b>BLOOD PRESSURE</b>	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor or nurse if you have blood pressure			
<b>CHOLESTEROL</b>	Starting at age 20 until age 35, get a cholesterol test if you are at increased risk for heart disease. Starting at age 35 and older, get a cholesterol test regularly.  Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at increased risk for heart disease. Ask your doctor or nurse how often you need your cholesterol tested.		
<b>COLORECTAL CANCER SCREENING</b> <i>using fecal occult blood testing, sigmoidoscopy, or colonoscopy</i>			Starting at age 50, get screened for colorectal cancer.  Talk to your doctor or nurse about which screening test is best for you and how often you need it.	Get screened for colorectal cancer through age 75.  Talk to your doctor or nurse about which screening test is best for you and how often you need it.
<b>DIABETES SCREENING</b>	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor or nurse if you have blood pressure			
<b>PROSTATE SCREENING</b>			For men of higher risk (African American men or any man with a family history of prostate cancer), screening can begin before the age of 55 and decisions should be individualized.  For men of average risk, consider testing between the ages of 55 and 69. Patients should discuss the risks and benefits of testing with their physician.	
<b>LUNG SCREENING</b>			Patients should be asked about their smoking history. Patients who are 55 to 74 years old, in fairly good health, have at least a 30 pack-year smoking history, are either still smoking or have quit smoking within the last 15 years, should talk to their doctor about a lung screening.	

\*The information contained in this chart was provided by the U.S. Department of Health and Human Services, Office on Women's Health.