

# Men: screening tests to stay healthy at any age



Screening	Who needs it?	How often should I get it?
Blood pressure	All men need blood pressure screenings.	At least once a year
Cholesterol	You may need a cholesterol screening if: <ul style="list-style-type: none"> <li>• you are 45 or older</li> <li>• you smoke</li> <li>• you are overweight</li> <li>• you have diabetes (high blood sugar) or high blood pressure.</li> <li>• you have heart disease</li> <li>• someone in your family had a heart attack at a young age</li> </ul>	Once a year
Colorectal Cancer (colonoscopy)	You may need a colonoscopy if: <ul style="list-style-type: none"> <li>• you're 50 or older</li> <li>• you're younger than 50 and colon cancer runs in your family</li> </ul>	Every 10 years
Depression	You may need depression screening if: <ul style="list-style-type: none"> <li>• you feel down or sad</li> <li>• you feel hopeless</li> <li>• you don't like doing things you used to enjoy</li> </ul>	At routine check-ups
Diabetes (high blood sugar)	You may need a diabetes screening if: <ul style="list-style-type: none"> <li>• you have high blood pressure</li> <li>• you have high cholesterol</li> <li>• you are overweight</li> <li>• you have a family history of diabetes (high blood sugar)</li> </ul>	At least every 3 years

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Hepatitis C	<p>You may need a hepatitis C screening if:</p> <ul style="list-style-type: none"> <li>• you were born between 1945 and 1965</li> <li>• you ever used needles to do drugs or have snorted drugs</li> <li>• you got a blood transfusion (you were given someone else's blood in the hospital) before 1992</li> </ul>	<p>One time</p> <p>If you use needles to shoot drugs, talk to your doctor about how often to get screened</p>
HIV	<p>You may need an HIV test no matter what age you are. Talk to your doctor about getting an HIV test.</p>	<p>At routine check-ups</p>
Lung Cancer	<p>You may need a lung cancer screening if you are older than 55 and smoke, or you used to smoke.</p>	<p>Ask your doctor</p>
Obesity (very overweight)	<p>All men need an obesity screening.</p>	<p>At routine check-ups</p>
Special heart screening for AAA (Abdominal Aortic Aneurysm)	<p>AAA is a serious heart problem. It can cause bleeding and death. You may need an AAA screening if you are 65 to 75 and have ever smoked.</p>	<p>At your routine check-ups</p>
STIs (infections you can get from sex)	<p>You may need STI testing if you have sex.</p>	<p>At routine check-ups</p>



# Men: medicines to stay healthy at any age

Some medicines may keep you from getting some health problems. Talk to your doctor about what medicines you should take.

Medicine	Who needs it?	Why take it?
Aspirin	If you are 55 or older, you may need to take aspirin. Talk to your doctor.	Aspirin may help prevent strokes.
Vitamin D	Ask your doctor about taking Vitamin D if you: <ul style="list-style-type: none"> <li>• are 65 or older</li> <li>• fall often or have a hard time moving</li> </ul>	Vitamin D can help lower your chance of falling and breaking bones.
Vaccines (shots)	<p>For all men:</p> <ul style="list-style-type: none"> <li>• Get a flu shot every year.</li> <li>• Get a tetanus shot. Talk to your doctor about when to get a tetanus shot.</li> </ul> <p>For males between ages 11 and 21:</p> <ul style="list-style-type: none"> <li>• Get the HPV vaccine.</li> </ul> <p>For men over 60:</p> <ul style="list-style-type: none"> <li>• Get a shingles shot.</li> </ul> <p>For men over 65:</p> <ul style="list-style-type: none"> <li>• Get a pneumonia shot. Some men may need a pneumonia shot at a younger age. Talk to your doctor.</li> </ul> <p>Talk to your CHN doctor about which shots you may need.</p>	Vaccines can help prevent serious illnesses.

