

Health Screening Checklist For Men

Men 15 years and older

- Annual testicular exam
- Every three years undergo a cancer related checkup including a thorough skin exam.
- STD (Sexually Transmitted Disease). Your doctor will determine whether you need STD screening tests based on your personal risk factors.

Men between 20 and 49 years

- Annual testicular exam.
- Blood Pressure every 2 years.
- Cholesterol every 5 years.



Men 50 years and older

- Annual testicular exam.
- Annual digital rectal exam.
- Annual fecal occult blood testing for blood in stool.
- Colonoscopy every 10 years, OR both fecal occult blood testing annually and flexible sigmoidoscopy every five years.
- Annual test for prostate-specific antigen (PSA).
- Annual skin exam.

Men of all ages should undergo a cancer-related exam at three-year intervals. Men with a high risk for cancer because of family history or specific signs and/or symptoms should work with their health care provider to design a specialized health care program.

For Men and Women

Annual Dental Exam

Eye Exam

- Between ages of 20 and 39, at least once
- Between ages of 40 and 64 every 2 to 4 years
- Beginning at age 65, every one or two years



This information is from the National Institutes of Health, the Mayo Clinic, and NCCC. It is not intended to substitute for the medical expertise and advice of your health care provider. We encourage you to discuss any decisions about screening and care with your health care provider.

Northern California Cancer Center
www.nccc.org

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