

Recommended Screenings: Men Ages 18-49

Blood Pressure

Check during each doctor visit, or at least every 2 years. Check more often if blood pressure is high.

Cholesterol

Screening recommended every 5 years for all men starting at age 35, or younger/ more often if at high risk. Risk factors that will be considered by your doctor include diabetes, a family history of cardiovascular disease, family history of high cholesterol, and multiple coronary heart disease risk factors (e.g., tobacco use, hypertension.)

Colon Cancer

Screening recommended for men at high risk including men with a family history of colon cancer and men who have had colon polyps.

Depression

Depression can hit at any time or for any particular reason. If you feel your depression is affecting your life and hindering your daily activities, please consult with your primary care physician.

Diabetes

Screening recommended for men at high risk. Risk factors that will be considered by your doctor include obesity, family history, hypertension, and high cholesterol. African Americans, Hispanics, and Native Americans are also at higher risk of developing diabetes.

Immunizations

Tdap/ TD Shot

Men should have the Tdap vaccine for diphtheria, tetanus, and pertussis (whooping cough) once as an adult, and continue tetanus/ diphtheria (TD) shots every 10 years.

Flu Shot

Men may choose to have a flu shot every year. It is strongly recommended for healthcare workers, and men with chronic illnesses or immune system problems.

Other Immunizations

Pneumonia, hepatitis, chicken pox, or meningitis vaccinations are recommended only for those at high risk.

Recommendations

Always wear sun protection outside including sun screen and protective clothing. Skin exams may be necessary.

Discuss safety and any of the following: smoking cessation, AIDS, family planning and alcohol/drug abuse.

Discuss any hearing loss and/or noise exposure with your physician.

