

## **Recommended Screenings: Men Ages 50 and Above**

### **Blood Pressure**

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

### **Cholesterol**

Recommended every 5 years or 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: either a lab screening to test for blood in the stool yearly, or a sigmoidoscopy every 5 years. A colonoscopy may also be 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.

### **Prostate Cancer**

Discuss whether or not you should have a Prostate Specific Antigen (PSA) test with your physician.

### **Smokers Only**

An abdominal aortic aneurysm is more likely [in smokers](#). A one-time ultrasound screening is recommended for men between the ages of 65 and 75.

### **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**

A flu shot is recommended every year.

#### **Pneumonia Shot**

Men should have a pneumonia shot at least once starting at age 65, or earlier if at high risk.

#### **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.