

MEN'S HEALTH SCREENING GUIDE

The International Prostate Cancer Foundation recommends that men have a chance to make an informed decisions regarding their health. Routine screenings and checkups allow doctors to detect conditions and diseases in early stages.

■ Monthly
 ■ 2x a Year
 ■ Annually
 ■ Every 2-3 years
 ■ Every 5 years

Physical Exam

Skin Exam

Weight & Body Mass Check

Blood Pressure Check

Testicular Self Exam

Mental Health Screening

Vision Exams

Dental Exams

STD/STI Screening

Blood Tests & Urinalysis

Stool Sample Test

Cholesterol Screening



age
20s

All test from previous age group

Diabetes and Type 2 Tests

Cancer Screenings (Thyroid, Testicles, Rectal, Lymph, Mouth, Skin)

Prostate Cancer Screening (PSA & DRE)

Breast Self-Exam

Liver Disease Screening

Thyroid Disease Screening

Cardiovascular Evaluation

Colonoscopy



age
30-45

All test from previous age groups

Hearing Exam

Lung Cancer Screening

Osteoporosis Screening

Hearing Exam

Erectile Dysfunction Exam

Urology Exam

Testosterone Screening



age
45-64

All test from previous age group

Dementia Screening

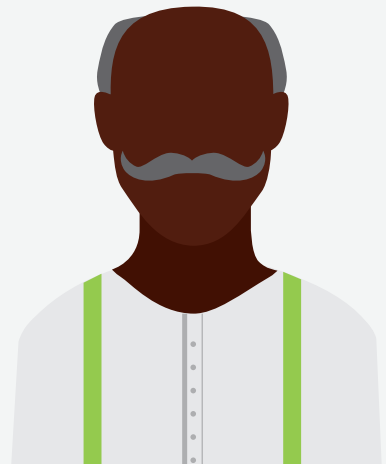
Alzheimer's Screening

Abdominal Aortic

Aneurysm Screening

Pneumonia Vaccinations

may start at this age



age
65+

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Not intended to be a substitute for professional medical advice, diagnosis, or treatment.

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