



# MEN:

## Get It Checked.

### Checkup and Screening Guidelines for Men



Checkups and Screenings	When?	Ages		
		20-39	40-49	50+
<b>Physical Exam</b> Review overall health status, perform a thorough physical exam, and discuss health related topics.	Every 3 years Every 2 years Every year	✓	✓	✓
<b>Blood Pressure</b> High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
<b>TB Skin Test</b> Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
<b>Blood Tests &amp; Urinalysis</b> Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	✓	✓	✓
<b>EKG</b> Electrocardiogram screens for heart abnormalities.	Baseline Every 2 years Every year	Age 30	✓	✓
<b>Tetanus Booster</b> Prevents lockjaw.	Every 10 years	✓	✓	✓
<b>Rectal Exam</b> Screens for hemorrhoids, lower rectal problems, colon and prostate cancer (see PSA Blood Test, below).	Every Year	✓	✓	✓
<b>PSA Blood Test</b> Prostate Specific Antigen (PSA) is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician. <small>*Some medical associations recommend that men speak to their health care providers about a baseline PSA blood test at age 40. Men at high risk, including African Americans, should consider an annual prostate exam beginning at age 40.</small>	Every Year		*	✓
<b>Hemoccult</b> Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every Year		✓	✓
<b>Colorectal Health</b> A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 Years			✓
<b>Chest X-Ray</b> Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		✓	✓
<b>Bone Health</b> Bone mineral density test. Testing is best done under the supervision of your physician.	Discuss with a physician			Age 60
<b>Self Exams</b> Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages.	Monthly by self	✓	✓	✓
<b>Testosterone Screening</b> Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.	Discuss with a physician		✓	✓
<b>Sexually Transmitted Diseases (STDs)</b> Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, HIV, and other STDs.	Under physician supervision	✓	✓	✓

Men's Health Network does not provide medical services but provides this maintenance schedule as a reminder of your need to take responsibility for safeguarding your health. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability. You should consult your health care provider to determine if these screenings are right for you and about the benefits of earlier screenings, especially if you are a member of a high risk group or have a family history of disease.

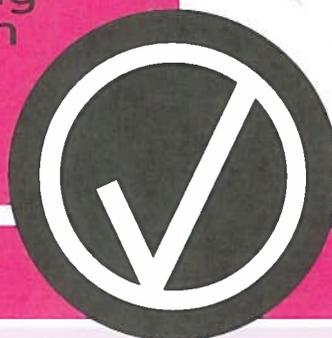
For more information about men's health, contact: Men's Health Network: 202-543-MHN-1, [www.menshealthnetwork.org](http://www.menshealthnetwork.org)



# WOMEN:

## Get It Checked.

### Checkup and Screening Guidelines for Women



#### Checkups and Screenings

#### When?

#### Ages

20 39 40-49 50+

#### Physical Exam

Review overall health status, perform a thorough physical exam, and discuss health related topics.

Every 3 years	✓		
Every 2 years		✓	
Every year			✓

#### Blood Pressure

High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.

Every year	✓	✓	✓
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#### TB Skin Test

Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.

Every 5 years	✓	✓	✓
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#### Blood Tests & Urinalysis

Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.

Every 3 years	✓		
Every 2 years		✓	
Every year			✓

#### EKG

Electrocardiogram screens for heart abnormalities.

Baseline	Age 30		
Every 2 years		✓	
Every year			✓

#### Tetanus Booster

Prevents lockjaw.

Every 10 years	✓	✓	✓
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#### Rectal Exam

Screens for hemorrhoids, lower rectal problems, and colon cancer.

Every Year	✓	✓	✓
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#### Breast Health

Clinical exam by health provider.

**Mammography:** X-ray of breast.

Every Year	✓	✓	✓
Every 1-2 years		✓	
Every Year			✓

#### Hemoccult

Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.

Every Year		✓	✓
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#### Colorectal Health

A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.

Every 3-4 Years			✓
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#### Chest X-Ray

Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.

Discuss with a physician		✓	✓
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#### Bone Health

Bone mineral density test. Testing is best done under the supervision of your physician.

Postmenopausal			✓
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#### Self Exams

Breast: To find abnormal lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth.

Monthly by self	✓	✓	✓
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#### Estrogen

Peri-menopausal women should consider screening for FSH (follicle stimulating hormone) and LH (leutenizing hormone) to determine if a supplemental estrogen therapy is needed.

Discuss with a physician			✓
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#### Sexually Transmitted Diseases (STDs)

Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, HIV, and other STDs.

Under physician supervision	✓	✓	✓
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#### Reproductive Health

PAP test/Pelvic exam.

Every 1-3 years after 3 consecutive normal tests. Discuss with a physician.	Age 18	✓	✓
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For more information about your health, contact: Men's Health Network: 202-543-MHN-1, [www.menshealthnetwork.org](http://www.menshealthnetwork.org)

