

Recommended Schedule of Screenings, Well-Care Visits & Vaccinations for MEN



A **Well-Care Visit** is check-in with your doctor where you can talk about your health, plan for screenings and other preventative care.

Age

18-21

Well-Care Visit every year

- Flu vaccine (every) year
- Tetanus-Diphtheria shot (every 10 years)
- Human Papillomavirus Vaccine (HPV)
- HIV test & other STI (Sexually Transmitted Infection) screenings: recommended for everyone who is sexually active



Age

22-49

Well-Care Visit every 3 years

- Flu vaccine (every) year
- Blood pressure check
- Cholesterol check (starting at age 40, every 5 years)
- Tetanus-Diphtheria shot (every 10 years)
- HIV & other STI (Sexually Transmitted Infection) screenings
- Human papillomavirus (HPV) vaccine (recommended up to age 26)
- African American men and those with a family history of prostate cancer should be screened at age 40 or earlier



Age

50-64

Well-Care Visit every year

- Flu vaccine (every) year
- Blood pressure check
- Cholesterol check (starting at age 40, every 5 years)
- Shingles vaccine (at age 50 and older)
- Colon Cancer screening
- Prostate Cancer screening
- Hepatitis C test (if born before 1965)



Age

65 and older

Well-Care Visit every year

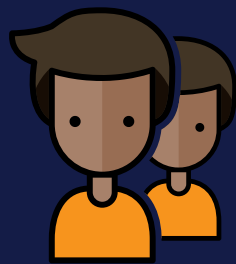
- Flu vaccine (every) year
- Blood pressure check
- Cholesterol check
- Hearing and vision check
- Discuss colon and prostate screenings with your doctor
- Shingles vaccine (age 50 and older, 2 dose series)
- Pneumococcal vaccine (age 65 and older, 2 vaccines once)



Monthly Self Exams for all MEN 20+

- **Testicles:** look and feel for lumps
- **Skin:** look and feel for changing moles, freckles
- **Oral:** look for signs of lesions, sores or cuts in the mouth
- **Breast/under arms:** look and feel for abnormal lumps

Additional recommended screenings and resources



- **EKG** (electrocardiogram) screens for heart abnormalities
- **Chest X-ray** are recommended for **SMOKERS** over 45
- Bone mineral **density test:** discuss with your doctor at 65+
- **Testosterone** screening: discuss with your doctor if concerned with low sex drive, erectile dysfunction, fatigue, or depression
- **Men and aging** resource: <https://www.nia.nih.gov/health/topics/mens-health>
- **Men and depression** resource: <https://www.nimh.nih.gov/health/publications/men-and-depression/index.shtml>

SOURCES

CDC.gov

[Menshealthnetwork.org/library/pdfs/GetItChecked.pdf](https://www.menshealthnetwork.org/library/pdfs/GetItChecked.pdf)

[Kaiserpermanente.org](https://www.kaiserpermanente.org)

THRESHOLDS Health Literacy Center



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