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.

**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

**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

**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 screenings: 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

**SOURCES**
- CDC.gov
- Menshealthnetwork.org/library/pdfs/GetItChecked.pdf
- Kaiserpermanente.org