

## SCREENING TESTS FOR MEN

Check the guidelines listed here to find out about important screening tests for men. These guidelines are recommended by the U.S. Preventive Services Task Force. Keep in mind that these are guidelines only. Your doctor or nurse will personalize the timing of the screening tests you need based on many factors. Ask your doctor or nurse if you don't understand why a certain test is recommended for you. Check with your insurance plan to find out which tests are covered.

Screening tests	18-39	40-49	50-64	65 and older
<b>Abdominal aortic aneurysm screening</b>				Get this one-time screening if you are age 65 to 75 and have ever smoked.
<b>Blood pressure test</b>	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).  Get tested once a year if you have blood pressure between 120/80 and 139/89.  Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).  Get tested once a year if you have blood pressure between 120/80 and 139/89.  Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).  Get tested once a year if you have blood pressure between 120/80 and 139/89.  Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).  Get tested once a year if you have blood pressure between 120/80 and 139/89.  Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.
<b>Cholesterol test</b>	Starting at age 20 until age 35, get a cholesterol test if you are at increased risk for heart disease.  Starting at age 35 and older, get a cholesterol test regularly.  Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly.  Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly.  Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly.  Ask your doctor or nurse how often you need your cholesterol tested.
<b>Colorectal cancer screening</b> (using fecal occult blood testing, sigmoidoscopy, or colonoscopy)			Starting at age 50, get screened for colorectal cancer.  Talk to your doctor or nurse about which screening test is best for you and how often you need it.	Get screened for colorectal cancer through age 75.  Talk to your doctor or nurse about which screening test is best for you and how often you need it.
<b>Diabetes screening</b>	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.
<b>HIV test</b>	Get tested if you are at increased risk for HIV.  Discuss your risk with your doctor or nurse.	Get tested if you are at increased risk for HIV.  Discuss your risk with your doctor or nurse.	Get tested if you are at increased risk for HIV.  Discuss your risk with your doctor or nurse.	Get tested if you are at increased risk for HIV.  Discuss your risk with your doctor or nurse.
<b>Syphilis screening</b>	Get tested for syphilis if you are at increased risk.	Get tested for syphilis if you are at increased risk.	Get tested for syphilis if you are at increased risk.	Get tested for syphilis if you are at increased risk.

### Vaccines

Vaccines can protect you from harmful infections. Some adults think only children need vaccines. But this is not true. To find out what vaccines you may need, visit <http://www.vaccines.gov>.

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