MEN’S HEALTH CHECKLIST

- PHYSICAL EXAM: Review overall health status, perform a thorough physical exam and discuss health-related topics.
- BLOOD PRESSURE: High blood pressure (Hypertension) has no symptoms, but can cause permanent damage to body organs.
- 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.
- BLOOD TESTS & URINALYSIS: Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.
- EKG: Electrocardiogram screens for heart abnormalities.
- TETANUS BOOSTER: Prevents lockjaw.
- RECTAL EXAM: Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.
- PSA BLOOD TEST: Prostate Specific Antigen 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.

Checkups and Screenings

<table>
<thead>
<tr>
<th>Age Group</th>
<th>20-39</th>
<th>40-49</th>
<th>50+</th>
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<tbody>
<tr>
<td>Every year</td>
<td>✓</td>
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- HEMOCULT: Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.
- 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.
- 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.
- SELF-EXAMS: 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 the earliest stages.
- BONE HEALTH: Bone mineral density test. Testing is best done under the supervision of your physician.
- TESTOSTERONE SCREENING: 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.
- SEXUALLY TRANSMITTED DISEASES (STDs): Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia and other STDs.

Please note: The Men's Health Network does not provide medical services. Rather, this information is provided to encourage you to begin a knowledgeable dialogue with your physician. Check with your health care provider about your need for specific health screenings.

More information: www.menshealthnetwork.org

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GET IT CHECKED!
(Refer to the checklist on this side.)

The Men’s Health Network provides this maintenance schedule for men 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 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 women’s health, contact the National Women’s Health Information Center at: 1-800-994-WOMEN, www.4women.org.