Recommended Health Checkups for Men:

For Preventing Development of Testicular Cancer
Testicular self-exam – Monthly __________

For Preventing Development of Skin Cancer
Self-exam to check for unusual moles and changes in skin condition – Monthly _____

For Maintaining General Health
Mouth self-exam – Monthly __________
Dental check-up – Twice a year __________
Eye exam – Every 5 yrs. ____________
Hearing exam – Every 10 yrs. __________
Tetanus-diphtheria booster shot – Every 10 years __________
Physical examination – Every 3 years after age 30 __________
  – Every 2 years after age 40 __________
  – Every year after age 50 __________
 Flu shot – Every year after age 50 __________
Pneumonia shot – Once, at age 65 __________

For Preventing Development of Cardiovascular Disease
Blood pressure measured – Every year __________
Blood test for triglycerides & cholesterol – Every 5 years after age 20 ______

For Preventing Development of Prostate Cancer
Blood test for prostate-specific antigen – Every year after age 50 ______

For Preventing Development of Colon Cancer
Fecal occult blood test – Every year after age 50 __________
Digital rectal exam – Every year after age 50 __________
Flexible sigmoidoscopy – Every 5 years after age 50 __________
Double contrast barium enema – Every 5-10 years after age 50 __________
Colonoscopy – Every 10 years after age 50 __________