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 & 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 ____________
Recommended Health Checkups for Men:

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 __________