



Routine Health Care for Men *Valley Family Physicians*

How often do I need a routine check-up?

The following guidelines pertain to healthy individuals. If you have an ongoing health condition, you should see your health care provider more often.

At your yearly exam:

- Check blood pressure.
- Have skin examined for suspicious moles/skin cancers.
- Measure height and weight.
- Testicular exam.

Additional screening for men:

- Prostate exam and PSA (a blood test that screens for prostate cancer.) beginning at age 40. (Your health care provider may decide to do these tests at an earlier age depending on your risk factors for prostate cancer.)
- Blood sugar check (If you have risk factors for diabetes.)
- Cholesterol check (Every 1-5 years depending on your risk factors for cardiovascular disease.)
- Screening for colon cancer beginning at age 50.
- Fecal occult blood test annually.
- Colonoscopy every 10 years. (Tell your health care provider if colon cancer runs in your family. You may require screening at an earlier age.)

Vaccinations:

- Tetanus booster every 10 years.
- Flu shot yearly.
- Pneumonia shot at age 65 years

Other ways to stay healthy:

- Eat a healthy diet consisting of fresh fruit and vegetables, whole grains, and lean meats. Try to limit your intake of fatty foods and sweets. Drink 8 glasses of water each day.
- Physical activity is a great way to help you maintain a healthy weight and stay in shaped. Try to do 30 minutes of cardiovascular exercise every day and 3 days of weight/resistance training per week.
- If you are sexually active ask your health care provider about testing for sexually transmitted infections. Always use condoms to help-protect yourself.
- Limit your alcohol intake to no more than one drink per day.
- Don't smoke or chew tobacco. If you already smoke ask your health care provider for aids to help you quit.
- Visit your dentist every 6 months to a year.
- Visit your eye doctor annually.