

# Age Specific Screening Guide for Men



**Gwinnett  
Medical Center**  
Lawrenceville • Duluth

## Recommended Screenings and Immunizations for Men at Average Risk for Most Diseases

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and older
<b>Full Check-up (including weight and height)</b>	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
<b>Blood Test &amp; Urinalysis</b>	Every 3 years.	Every 2 years.	Every year.	Every year.
<b>Testosterone Screening</b>		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
<b>Blood Pressure Test</b>	At least every year.	At least every year.	At least every year.	At least every year.
<b>EKG</b>	Ages 30-39 for a baseline.	Every 2 years.	Every year.	Every year.
<b>Cholesterol Test</b>	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Every 3-4 years. Discuss with your doctor or nurse.
<b>Bone Mineral Density Test</b>				Get a bone mineral test at least once. Talk to doctor or nurse about repeating.
<b>Blood Sugar Test</b>	Discuss with your doctor or nurse.	Start at age 45, then every 3 years.	Every 3 years.	Every 3 years.
<b>Testicles, Skin, Oral &amp; Breast</b>	Monthly by self.	Monthly by self.	Monthly by self.	Monthly by self.
<b>PSA Blood Test</b>		Baseline. Discuss with your doctor or nurse. Every 1-3 years.	Yearly	Yearly
<b>Sexually Transmitted Diseases (STD Tests)</b>	Both partners should get tested for STD, including HIV, before initiating sexual intercourse.	Both partners should get tested for STD, including HIV, before initiating sexual intercourse.	Both partners should get tested for STD, including HIV, before initiating sexual intercourse.	Both partners should get tested for STD, including HIV, before initiating sexual intercourse.
<b>Fecal Occult Blood Test</b>		Yearly	Yearly	Yearly
<b>Flexible Sigmoidoscopy (with fecal occult blood test preferred)</b>			Every 5 years (if not having a colonoscopy).	Every 5 years (if not having a colonoscopy).
<b>Double Contrast Barium Enema (DCBE)</b>			Every 5-10 years (if not having a colonoscopy or sigmoidoscopy).	Every 5-10 years (if not having a colonoscopy or sigmoidoscopy).
<b>Colonoscopy</b>			Every 10 years. Discuss with your doctor or nurse.	Every 10 years. Discuss with your doctor or nurse.
<b>Rectal Exam</b>	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy or DCBE).	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy or DCBE).
<b>Influenza Vaccine</b>	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Yearly	Yearly
<b>Pneumococcal and/or Shingles Vaccine</b>				One time only.
<b>Tetanus-Diphtheria Booster Vaccine</b>	Every 10 years.	Every 10 years.	Every 10 years.	Every 10 years.

**PLEASE NOTE:** These charts are guidelines only. Your doctor will personalize the timing of each test and immunization to best meet your health care needs. Information provided by the Men's Health Network.