

Men Are Advised to Step up for a Checkup to Lengthen Their Lives



According to the National Institutes of Health, men ages 40 to 64 should undertake the following health screenings to help avoid problems in the future:

Blood pressure screenings at least once per year.

Men with diseases such as diabetes, heart disease, kidney problems, and other conditions may need more frequent screenings.

Colorectal cancer screening.

Those older than age 50 should be screened for colorectal cancer. Those younger than age 50 should check with their health care provider to see if a screening is necessary.

A physical exam.

This would include a blood pressure check plus a height, weight, and body mass index measurement.



Prostate cancer screening.

Most men ages 50 and older should discuss screening for prostate cancer with their provider. African American men and those with a family history of prostate cancer should discuss whether a screening should be done at age 45.



Screening for cholesterol, diabetes, and heart disease.

Consult with a physician regarding the frequency of these screenings.



Testicular exams.

While the U.S. Preventive Services Task Force recommends against performing testicular self-exams due to their efficacy, consult with a physician to be sure.

Source:

"Health Screenings for Men Ages 40 to 64," MedlinePlus, National Library of Medicine (US), June 3, 2019, <https://medlineplus.gov/ency/article/007465.htm>.