

## Health screenings - men ages 18 to 39

Men ages 18 to 39 should get a physical exam once a year. Talk to your doctor about which ones you should consider at your next exam.

<p>✓ <b><u>Blood Pressure Screening</u></b></p>	<ul style="list-style-type: none"> <li>• In general you should have your blood pressure checked every 2 years. If you have high blood pressure, diabetes, heart disease, kidney problems, or certain other conditions, you may need to have it checked more often.</li> </ul>
<p>✓ <b><u>Cholesterol Screening</u></b></p>	<ul style="list-style-type: none"> <li>• Men over age 34 should be checked every 5 years.</li> <li>• If you have risk factors for heart disease, such as obesity diabetes, you should be screened earlier.</li> </ul>
<p>✓ <b><u>Diabetes Screening</u></b></p>	<ul style="list-style-type: none"> <li>• If you have high blood pressure or are overweight, you should be screened for diabetes.</li> </ul>
<p>✓ <b><u>Immunizations</u></b></p>	<ul style="list-style-type: none"> <li>• After age 19, you should have a tetanus-diphtheria and acellular pertussis (Tdap) vaccine once, and a booster every 10 years.</li> <li>• You should get a flu shot each year.</li> <li>• You should receive 2 doses of varicella vaccine if you were born after 1980 and never had chickenpox or the varicella vaccine.</li> <li>• You should get the human papilloma virus (HPV) vaccine series if you have not already had it.</li> </ul>
<p>✓ <b><u>Infectious Diseases</u></b></p>	<ul style="list-style-type: none"> <li>• Depending on your lifestyle and medical history, you may need to be screened for syphilis, chlamydia, and HIV.</li> </ul>
<p>✓ <b><u>Testicular Exam</u></b></p>	<ul style="list-style-type: none"> <li>• The American Cancer Society (ACS) recommends a testicular exam as part of a routine cancer-related checkup.</li> </ul>