

Men's Health Tune-Up

Use this table to discuss and track your health screenings with your doctor during your annual check up.

| | Result & Date | Test | When to Start | How Often |
|--------------------------|---------------|--|---------------------------------|-------------------------------|
| <input type="checkbox"/> | | Digital Rectal Exam (prostate cancer screening) | Age 40 | Discuss w/ MD every 1-2 years |
| <input type="checkbox"/> | | PSA (prostate cancer screening) | Age 50 | Discuss w/ MD yearly |
| <input type="checkbox"/> | | Colonoscopy (colorectal cancer screening) | Age 50 (earlier w/risk factors) | Every 10 years |
| <input type="checkbox"/> | | Blood Pressure | Age 18 | Yearly |
| <input type="checkbox"/> | | Weight & Body Mass Index (BMI) | Age 18 | Discuss w/ MD yearly |
| <input type="checkbox"/> | | Cholesterol Total _____ HDL _____ LDL _____ | Age 18 | Discuss w/ MD every 5 years |
| <input type="checkbox"/> | | Blood Sugar | Age 18 | Discuss w/ MD yearly |
| <input type="checkbox"/> | | Testicular Exam | Age 18 | Discuss w/ MD every 3-5 years |