

Recommended Medical Screening Tests

20-s:

- Height and weight: every 3 years
- Blood pressure: at all appointments; at least once every 3 years, more frequently if high
- Cholesterol screening: at least every 5 years, more frequently if it is high
- Diabetes screening: every 3 years for those with risk factors
- Chlamydia & STD screening: once a year for sexually active men up to age 26, and after for those at risk
- Glaucoma screening: every 3 - 5 years for men at high risk, at least once for men with no risk
- Melanoma screening: at least every 5 years, no more often than once a year for men at high risk

30-s:

- Height and weight: every 3 years
- Blood pressure: at all appointments; at least once every 3 years, more frequently if high
- Cholesterol screening: every 3 years for those with risk factors
- Glaucoma screening: every 2 - 4 years
- Melanoma screening: at least every 5 years, no more often than once a year for men at high risk

40-s:

- Height and weight: every 3 years
- Blood pressure: at all appointments; at least once every 3 years, more frequently if high
- Melanoma screening: at least every 5 years, no more often than once a year for men at high risk
- Cholesterol screening: every 3 years for those with risk factors
- Diabetes screening: every 3 years for men with risk factors over 45 years
- Colorectal cancer screening for men at high risk — colonoscopy every 10 years or fecal occult blood test (FOBT) every year and sigmoidoscopy every 5 years
- Prostate cancer screening: counseling for men at high risk

50-s:

- Height and weight: every 3 years
- Blood pressure: at all appointments; at least once every 3 years, more frequently if high
- Melanoma screening: at least every 5 years, no more often than once a year for men at high risk
- Cholesterol screening: every 3 years for those with risk factors
- Diabetes screening: every 3 years
- Colorectal cancer screening: Colonoscopy every 10 years or fecal occult blood test (FOBT) every year and sigmoidoscopy every 5 years
- Prostate cancer screening: counseling and possible prostate-specific antigen (PSA) and digital rectal exam

60-s +:

- Height and weight: every 3 years
- Blood pressure: at all appointments; at least once every 3 years, more frequently if high
- Melanoma screening: at least every 5 years, no more often than once a year for men at high risk
- Cholesterol screening: every 3 years for those with risk factors
- Diabetes screening: every 3 years
- Colorectal cancer screening: Colonoscopy every 10 years or fecal occult blood test (FOBT) every year and sigmoidoscopy every 5 years
- Prostate cancer screening: counseling and possible prostate-specific antigen (PSA) and digital rectal exam
- Glaucoma screening: every 2-4 years up until age 65, then every 1-2 years