



GOOD HEALTH
FOR MEN

No matter what your age, it's always good to know what makes you feel happy, healthy and strong!

The most important things you can do to stay healthy: **don't smoke**, be **physically active**, maintain a **healthy diet and weight**, and follow what your health care provider recommends.

Spirit of 
Saint Agnes

This chart is an easy way to keep track of the steps you should be taking to ensure a lifetime of good health.

Decade	20s	30s	40s	50s	60s	70s
Good Health						
Full checkup including weight and height	✓	✓	✓	✓	✓	✓
Sleep habits – discuss at annual exam	✓	✓	✓	✓	✓	✓
Thyroid screening	●	●	●	●	●	●
Immunizations						
Tetanus-Diphtheria Booster	*	*	*	*	*	*
Influenza	✓	✓	✓	✓	✓	✓
Pneumococcal					◐	◐
Herpes Zoster					◐	◐
Diabetes						
Check fasting blood glucose	+	+	+	+	+	+
Cardiovascular Health						
Blood pressure	❖	❖	❖	❖	❖	❖
Cholesterol – total, LDL, HDL and triglycerides	●	●	●	●	●	●
Abdominal Aortic Aneurysm screening					■	■
Reproductive Health						
Testicular exam	●	●	●	●	●	●
Sexually Transmitted Infection (STI) tests	●	●	●	●	●	●
Prostate Health						
Digital Rectal Exam (DRE)			●	●	●	●
Prostate-Specific Antigen (PSA)			●	●	●	●
Eyes, Ears and Teeth						
Eye exam	♥	♥	★	★	▼	▼
Hearing test	*	*	*	●	●	●
Dental exam	◆	◆	◆	◆	◆	◆
Skin Health						
Mole exam	■	■	■	●	●	●
Colorectal Health						
Fecal occult blood test, flexible sigmoidoscopy, colonoscopy				★	★	★

- Discuss with your health care provider
- Monthly self-exam and every 3 years by your health care provider
- Monthly self-exam and every year by your health care provider
- ◐ One time only
- ◆ Every 6 months
- ✓ Every year
- ▼ Every 1-2 years
- ❖ Every 2 years
- ★ Every 2-4 years
- * Every 10 years
- ♥ Get your eyes checked if you have problems or visual changes.
- +
- Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes.
- Get this one-time screening if you've ever smoked.
- ★ Talk to your health care provider about which screening test is best for you and how often you need it.