Free Mens Health Checklist



What Men Should Do in Their 20s and 30s

Vaccinations

- [ ] Flu shot, every year.
- [ ] Tetanus booster, every 10 years.
- [ ] Whooping cough vaccine (Tdap booster) unless you're certain you had one as a preteen or teenager.
- [ ] Human papillomavirus (HPV) vaccine, if you're younger than 21 and haven't received it yet, or if you're younger than 26 and have sex with men.

Screening Tests

- [ ] Sexually transmitted disease: If you're sexually active and have sex with men, get screened at least once a year for chlamydia, gonorrhea, and syphilis. And all men should get tested for HIV at least once. According to the CDC, everyone between ages 13 and 64 should be tested during their lifetime. (If you have certain risk factors, you'll need additional screenings.)
- [ ] Blood pressure: Have it checked at least once every two years.
- [ ] Cholesterol: Starting at age 35, have your cholesterol tested every three to five years, depending on results. If you have high blood pressure, a family history of heart disease, or other cardiac risk factors, have a blood test for cholesterol at age 25.
- [ ] Type 2 diabetes: If you're overweight or obese, have a family history of diabetes, or have high blood pressure or cholesterol, test with a fasting blood glucose test and an HbA1c test to measure long-term blood sugar control every three years, depending on results.

Review With Your Doctor

- [ ] Sexual history and condom use
- [ ] Diet, exercise, and sleep habits.
- [ ] Smoking, alcohol consumption, and any other substance-use habits.

What Men Should Do in Their 40s and 50s

Vaccinations

- [ ] Flu shot, every year.
- [ ] Tetanus booster, every 10 years.
- [ ] Shingrix (shingles) vaccine at age 50.

Screening Tests

- [ ] Sexually transmitted disease: If you're sexually active and have sex with men, get screened at least once a year for chlamydia, gonorrhea, and syphilis.
- [ ] Blood pressure: Have it checked at least once every two years.
- [ ] Cholesterol: Continue blood tests for cholesterol every three to five years, depending on results.
- [ ] Type 2 diabetes: If you're overweight or obese, have a family history of diabetes, or have high blood pressure or high cholesterol, test with a fasting blood glucose test and an HbA1c test to measure long-term blood sugar control every three years, depending on results.
- [ ] Colorectal cancer: At age 45, talk to your doctor about when to begin screening for colon cancer; most people can start screening at age 50, though controversial new guidelines from the American Cancer Society suggest men consider starting at age 45. Among the choices are a colonoscopy every 10 years, a stool test every year, and a few other screening options. Ask your doctor which one may be best for you.
- [ ] Prostate cancer: Regular prostate specific antigen (PSA) tests, which may detect prostate cancer, might not be necessary. Be sure to talk to your doctor about the risks and benefits of the test. If you're concerned about prostate cancer, talk with your doctor at 55 or earlier about whether you're at increased risk.

Review With Your Doctor

- [ ] Sexual history and condom use.
- [ ] Diet, exercise, and sleep habits.
- [ ] Smoking, alcohol consumption, and any other substance-use habits.

What Men Should Do in Their 60s and Beyond

Vaccinations

- [ ] Flu shot, every year.
- [ ] Tetanus booster, every 10 years.
- [ ] Shingrix (shingles) vaccine if you haven't already received it.
- [ ] Two pneumonia vaccines, starting at 65. The CDC recommends a dose of what's known as PCV13 (Prevnar) first. At least one year later, get a dose of PPSV23 (Pneumovax).

Screening Tests

- [ ] Sexually transmitted disease: If you're sexually active and have sex with men, get screened at least once a year for chlamydia, gonorrhea, and syphilis.
- [ ] Blood pressure: Have it checked at least once every two years.
- [ ] Cholesterol: Continue blood tests for cholesterol every three to five years, depending on results.
- [ ] Type 2 diabetes: If you're overweight or obese, have a family history of diabetes, or have high blood pressure or cholesterol, test with a fasting blood glucose test and an HbA1c test to measure long-term blood sugar control every three years, depending on results.
- [ ] Colorectal cancer: Continue screening with a colonoscopy every 10 years, a stool test every year, or sigmoidoscopy every five years with a stool test every three years. Other colon cancer screening options are available; ask your doctor about which may be best for you. You can stop colon cancer screening at age 75.
- [ ] Abdominal aortic aneurysm: If you've ever smoked, the USPSTF currently recommends that you have an ultrasound to test for abdominal aortic aneurysm—an enlarged area in the aorta that can rupture if it gets too large—sometime between ages 65 and 75. (The USPSTF is in the process of updating these recommendations right now.)

Review With Your Doctor

- [ ] Sexual history and condom use.
- [ ] Diet, exercise, and sleep habits.
- [ ] Smoking, alcohol consumption, and any other substance-use habits.

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