

# 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. To find a provider or for a full list of services, visit [SaintAlphonus.org](http://SaintAlphonus.org).

## CHART KEY

- Discuss with your health care provider
- ▲ Discuss yearly with your health care provider
- Monthly self-exam and every 3 years by your healthcare provider
- ◆ Monthly self-exam and every year by your healthcare provider
- One time only
- ◆ Every 6 months
- Every year
- ▼ Every 1-2 years
- \* Every 10 years
- + Get this if you have sustained blood pressure above 130/80, take medicine for high blood pressure or high cholesterol, or are at risk for developing diabetes
- Get this once if you've ever smoked
- ☆ Talk to your health care provider about which screening test is best for you

This chart is an easy way to keep track of the steps you can take to ensure a lifetime of good health.

20s 30s 40s 50s 60s 70s

## Good Health

Full checkup including weight and height	□	□	□	□	□	□
Exercise habits	□	□	□	□	□	□
Sleep habits	□	□	□	□	□	□
Tobacco use habits	□	□	□	□	□	□
HIV screening	●	●	●	●	●	●
Mental health screening	□	□	□	□	□	□
Hepatitis C screening	○	○	○	○	○	○

## Immunizations

COVID-19	▲	▲	▲	▲	▲	▲
Influenza	□	□	□	□	□	□
Tetanus-diphtheria booster	*	*	*	*	*	*
Meningococcal	●	●				
Human papillomavirus (HPV)	●	●	●			
Herpes zoster (2 shot series)				○	○	○
Pneumococcal					○	○

## Diabetes

Blood glucose or A1c test	+	+	+	+	+	+
---------------------------	---	---	---	---	---	---

## 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 & Teeth

Eye exam	●	●	●	●	●	●
Hearing test	●	●	●	●	●	●
Dental exam	◆	◆	◆	◆	◆	◆

## Skin Health

Mole exam	■	■	■	◆	◆	◆
-----------	---	---	---	---	---	---

## Colorectal Health

Colonoscopy, fecal occult blood test, flexible sigmoidoscopy					☆	☆	☆	☆
--	--	--	--	--	---	---	---	---

Note: These are general guidelines appropriate for men at average risk of most disease. Sources: US Department of Health and Human Services, American Thyroid Association