

Essential screening tests for men



Heart disease and cancer are the two leading causes of death in the United States, and the risks of developing a significant health condition rise significantly higher with age. Your family health history can also make you predisposed to certain diseases. It's important to understand your risk factors and receive the right screenings to head off problems when they are most treatable.

Always discuss your particular health care needs with your doctor.*

AGE 18-39

Start regular screenings

for high blood pressure and obesity/body mass index (BMI).

Your doctor may suggest other screening tests depending on your personal risk factors.

AGE 40-49

Continue blood pressure & obesity/BMI screenings.

Begin cholesterol screening

Talk with your doctor regarding individualized screening and treatment, if needed.

Get screened for diabetes

if you are overweight or obese.

AGE 50-64

Continue blood pressure & obesity/BMI screenings.

Continue with cholesterol screenings.

Continue with diabetes screenings.

Begin colorectal cancer screening**

at age 50 and continue until age 75.

Prostate cancer screening**

Starting at age 55 through age 69.

AGE 65+

Continue blood pressure & obesity/BMI screenings.

Continue with cholesterol screenings.

Continue with diabetes screenings.

Continue with colorectal cancer screenings until age 75.**

Continue the discussion with your doctor about the risks and benefits of prostate cancer screening until age 69.

* To help doctors and all people decide whether a screening test is needed, the U.S. Preventive Services Task Force develops recommendations based on a review of high-quality scientific evidence.

** Risks and benefits of screening methods vary. Talk with your doctor.

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