

**Stay Healthy.  
Preventive Care and Health  
Screenings for Men**



**MEMORIAL<sup>®</sup>  
HERMANN**

memorialhermann.org  
713.222.CARE

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**MEMORIAL<sup>®</sup>  
HERMANN**

# Men's Health Screenings, Through the Years Convenient Preventive Care

At Memorial Hermann, we get it. You lead a busy life, and finding time to see the doctor isn't always easy. We also know that preventive care is an important part of living a long and healthy life. That's why we are here for you with a full range of convenient ways to take charge of your health. Our early detection and screening guide for men gives you the tools you need to stay healthy during each stage of life.

## **"I feel fine. Why should I see a doctor?"**

Let's be honest...sometimes we don't put health and wellness at the top of the priority list. It can be tempting to put it off, but seeing your healthcare provider for regular health screenings is an important part of staying well. Early detection is the one of the best defenses against illness. Health screenings can help you and your provider identify health problems early, when treatments are most successful.

## **Get it done.**

Our screening guide gives you the information you need to keep track of your preventive care and stay healthy. With Memorial Hermann's network of convenient locations, we make it easy to get the screenings you need, so you can get back to what matters most. Talk with your healthcare provider about which screenings are appropriate for you. Or, call or go online and find a Memorial Hermann provider.

## **Get in, get out, get back to your life.**

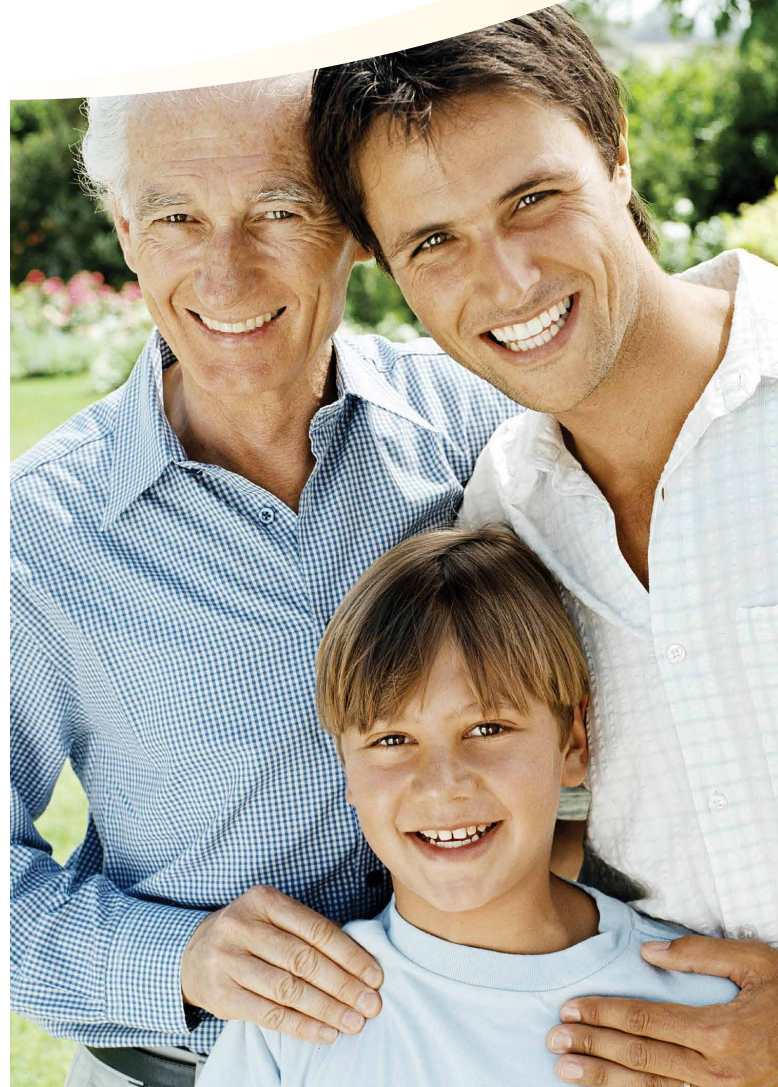
For a healthcare provider referral, call 713.222.CARE (2273) or visit us at [memorialhermann.org](http://memorialhermann.org)

## **Stay connected to your health**

Log into your Everyday Well account or sign up at [EverydayWell.com/SignUp](http://EverydayWell.com/SignUp). Take advantage of features that will keep you informed about your care. Download the Everyday Well app today.

If you need help creating your Everyday Well account or for any other Everyday Well questions, please call 713.222.CARE (2273).

**EVERYDAYWELL**



# 18-24 years

HEALTH ACTIVITY	ACTIONS	COMMENTS
<input type="checkbox"/> <b>Advanced health care directives</b>	Addressed annually	Ongoing discussions necessary
<input type="checkbox"/> <b>Blood pressure</b>	Annually	
<input type="checkbox"/> <b>Cholesterol/triglycerides</b>	As doctor advises	
<input type="checkbox"/> <b>Colonoscopy</b>	Not usually necessary	If there is a family history of cancer, begin screening at age 40 or 10 years prior to the youngest diagnosed case
<input type="checkbox"/> <b>Dental exam</b>	Twice a year	
<input type="checkbox"/> <b>DRE (digital rectal exam)</b>	Not usually necessary	
<input type="checkbox"/> <b>EKG</b>	Not usually necessary	Depends on risk for coronary heart disease
<input type="checkbox"/> <b>Eye Exam</b>	If need exists*	More frequent visits if experiencing vision problems
<input type="checkbox"/> <b>Height, weight and general physical</b>	Annually	
<input type="checkbox"/> <b>Hematocrit or hemoglobin</b>	Every 5 years	
<input type="checkbox"/> <b>HIV</b>	Per risk	
<input type="checkbox"/> <b>Immunizations</b>	Not usually necessary	Tuberculosis skin test (PPD) or syphilis test (VDRL) annually if at high risk
<input type="checkbox"/> <b>PSA (prostate-specific antigen)</b>	Not usually necessary	
<input type="checkbox"/> <b>Sigmoidoscopy</b>	Not usually necessary	Frequency depends on risk
<input type="checkbox"/> <b>Skin</b>	Every 2 years	More frequently if needed
<input type="checkbox"/> <b>Stool for occult blood</b>	Not usually necessary	
<input type="checkbox"/> <b>Testicular exam</b>	Self-exam**	Testicular self-exam performed monthly
<input type="checkbox"/> <b>Thyroid</b>	Not usually necessary	
<input type="checkbox"/> <b>Urinalysis</b>	Every 5 years	

\* As recommended by the Academy of Ophthalmology

\*\* As recommended by the American Cancer Society

# 25-39 years

HEALTH ACTIVITY	ACTIONS	COMMENTS
<input type="checkbox"/> <b>Advanced health care directives</b>	Addressed annually	Ongoing discussions necessary
<input type="checkbox"/> <b>Blood pressure</b>	Annually	
<input type="checkbox"/> <b>Cholesterol/triglycerides</b>	Baseline	
<input type="checkbox"/> <b>Colonoscopy</b>	Not usually necessary	If there is a family history of cancer, begin screening at age 40 or 10 years prior to the youngest diagnosed case
<input type="checkbox"/> <b>Dental exam</b>	Twice a year	
<input type="checkbox"/> <b>DRE (digital rectal exam)</b>	Not usually necessary	
<input type="checkbox"/> <b>EKG</b>	Not usually necessary	Depends on risk for coronary heart disease
<input type="checkbox"/> <b>Eye exam</b>	If need exists*	More frequent visits if experiencing vision problems
<input type="checkbox"/> <b>Hearing</b>	Not usually necessary	
<input type="checkbox"/> <b>Height, weight and general physical</b>	Annually	
<input type="checkbox"/> <b>Hematocrit or Hemoglobin</b>	Every 5 years	
<input type="checkbox"/> <b>HIV</b>	Per risk	
<input type="checkbox"/> <b>Immunizations</b>	Baseline and every 5 years thereafter	Tuberculosis skin test (PPD) or syphilis test (VDRL) annually if at high risk
<input type="checkbox"/> <b>PSA (prostate-specific antigen)</b>	Not usually necessary	
<input type="checkbox"/> <b>Skin</b>	Every 2 years	More frequently if needed
<input type="checkbox"/> <b>Stool for occult blood</b>	Not usually necessary	
<input type="checkbox"/> <b>Testicular exam</b>	Annually**	Testicular self-exam performed monthly
<input type="checkbox"/> <b>Thyroid</b>	Not usually necessary	
<input type="checkbox"/> <b>Urinalysis</b>	Every 5 years	

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\*\* As recommended by the American Cancer Society

# 40-59 years

HEALTH ACTIVITY	ACTIONS	COMMENTS
<input type="checkbox"/> <b>Advanced health care directives</b>	Addressed annually	Ongoing discussions necessary
<input type="checkbox"/> <b>Blood pressure</b>	Annually	
<input type="checkbox"/> <b>Cholesterol/triglycerides</b>	Annually	
<input type="checkbox"/> <b>Colonoscopy</b>	After age 50, or as doctor advises	Age 45 if African American
<input type="checkbox"/> <b>Dental exam</b>	Twice a year	
<input type="checkbox"/> <b>DRE (digital rectal exam)</b>	After age 50, or age 45 for African Americans and men who have a family history	
<input type="checkbox"/> <b>EKG</b>	Not usually necessary	Depends on risk for coronary heart disease
<input type="checkbox"/> <b>Eye Exam</b>	Every 2-4 years*	More frequent visits if experiencing vision problems
<input type="checkbox"/> <b>Hearing</b>	Every 3-5 years after age 50	
<input type="checkbox"/> <b>Height, weight and general physical</b>	Annually	
<input type="checkbox"/> <b>Hematocrit or hemoglobin</b>	Every 5 years	
<input type="checkbox"/> <b>HIV</b>	Per risk	
<input type="checkbox"/> <b>Immunizations</b>	Baseline and every 5 years thereafter	Tuberculosis skin test (PPD) or syphilis test (VDRL) annually if at high risk. After age 50, should consult doctor about Shingles vaccine.
<input type="checkbox"/> <b>PSA (prostate-specific antigen)</b>	After age 50, or as doctor advises	
<input type="checkbox"/> <b>Skin</b>	Annually	More frequently if needed
<input type="checkbox"/> <b>Stool for occult blood</b>	After age 50, or as doctor advises	
<input type="checkbox"/> <b>Testicular exam</b>	Annually**	Testicular self-exam performed monthly
<input type="checkbox"/> <b>Thyroid</b>	Every 5 years	
<input type="checkbox"/> <b>Urinalysis</b>	Annually after age 55	

\* As recommended by the Academy of Ophthalmology \*\* As recommended by the American Cancer Society

# 60 and over

HEALTH ACTIVITY	ACTIONS	COMMENTS
<input type="checkbox"/> <b>Advanced health care directives</b>	Addressed annually	Ongoing discussions necessary
<input type="checkbox"/> <b>Blood pressure</b>	Annually	
<input type="checkbox"/> <b>Cholesterol/triglycerides</b>	Every other year	
<input type="checkbox"/> <b>Colonoscopy</b>	Every 10 years or as doctor advises	After age 75 is not routinely recommended
<input type="checkbox"/> <b>Dental exam</b>	Twice a year	
<input type="checkbox"/> <b>DRE (digital rectal exam)</b>	Annually	
<input type="checkbox"/> <b>EKG</b>	Not usually necessary	Depends on risk for coronary heart disease
<input type="checkbox"/> <b>Eye exam</b>	Every 1-2 years if age 65 or older*	More frequent visits if experiencing vision problems
<input type="checkbox"/> <b>Hearing</b>	Every 3-5 years	
<input type="checkbox"/> <b>Height, weight and general physical</b>	Annually	
<input type="checkbox"/> <b>Hematocrit or hemoglobin</b>	Every 5 years	
<input type="checkbox"/> <b>HIV</b>	Per risk	
<input type="checkbox"/> <b>Immunizations</b>	Every other year	Tuberculosis skin test (PPD) or syphilis test (VDRL) annually if at high risk
<input type="checkbox"/> <b>PSA (prostate-specific antigen)</b>	Every 3-5 years, or as doctor advises	
<input type="checkbox"/> <b>Skin</b>	Annually	More frequently if needed
<input type="checkbox"/> <b>Stool for occult blood</b>	Annually	
<input type="checkbox"/> <b>Testicular exam</b>	Annually**	Testicular self-exam performed monthly
<input type="checkbox"/> <b>Thyroid</b>	Every 5 years	
<input type="checkbox"/> <b>Urinalysis</b>	Annually	

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\*\* As recommended by the American Cancer Society