

# **\*\*Routine Health Screening Checklist for Men\*\***

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**\*\*SimplySoundAdvice.com Presents:\*\***  
**\*\*Routine Health Screening Checklist for Men\*\***

Taking proactive steps in monitoring your health can prevent potential issues and ensure you're in peak condition. Use this checklist to help guide your regular health screenings, tailored specifically for men.



## **\*\*General Health Screenings\*\***

- \*\*Annual Physical Examination\*\***: Comprehensive check-up to monitor overall health.
- \*\*Blood Pressure Measurement\*\***: Keep an eye out for hypertension.
- \*\*Cholesterol Profile\*\***: Monitor LDL, HDL, and triglycerides to assess heart disease risk.
- \*\*Blood Glucose Test\*\***: Screen for diabetes, especially if over 40 or with family history.



## **\*\*Immunizations\*\***

- \*\*Flu Shot\*\***: Get vaccinated annually.
- \*\*Tetanus Booster\*\***: Every 10 years or after potential exposure.
- \*\*Shingles Vaccine\*\***: Recommended for men over 50.



## **\*\*Vision and Hearing\*\***

- \*\*Eye Exam\*\***: Every 1-2 years, more frequent if you wear corrective lenses.
- \*\*Hearing Test\*\***: Especially if noticing changes in hearing ability.



## **\*\*Heart Health\*\***

- \*\*Electrocardiogram (ECG)\*\***: Screen for heart abnormalities.

### **\*\*Dental Health\*\***

- \*\*Dental Check-up\*\***: Twice a year is ideal for cleaning and oral health assessment.

### **\*\*Cancer Screenings\*\***

- \*\*Skin Check\*\***: Annually with a dermatologist for early skin cancer detection.
- \*\*Colonoscopy\*\***: Starting at age 45-50, then as recommended by your physician.
- \*\*Lung Cancer Screening\*\***: Especially for men over 55 with a smoking history.

### **\*\*Bone Health\*\***

- \*\*Bone Density Test\*\***: If at risk of osteoporosis, especially if over 65 or with family history.

### **\*\*Men's Specific Screenings\*\***

- \*\*Prostate Cancer Screening\*\***: Discuss with your physician about when to start based on your risk.
- \*\*Testicular Self-exam\*\***: Monthly checks at home to monitor for abnormalities.
- \*\*Abdominal Aortic Aneurysm\*\***: One-time screening for men aged 65–75 who have ever smoked.

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**\*\*Note\*\***: The recommendations provided are general guidelines. Always work with your healthcare provider to determine the appropriate screenings based on your individual health profile and history.

For deeper insights and men's health tips, make sure to visit [SimplySoundAdvice.com](http://SimplySoundAdvice.com)

