

Men, take a stand for your health.



Early-stage prevention and detection of health issues are critically important to staying well. When it comes to taking care of their health, men aren't as proactive as women; they tend to stay clear of the professionals in the white coats unless they're ill or seriously hurt. Regular checkups will help you and your doctor figure out your current health baseline, hone in on medical issues before they become more serious, and assess the risk of future problems.

Taking Care of Your Health

Men, make an appointment with your doctor to talk about these routine screenings you may need to stay on top of your health:



All Adult Men, at Every Age

Your doctor will check for high blood pressure and measure your body mass index to determine if you're overweight or at risk for developing obesity or diabetes. You should also discuss a skin cancer check and any mental health concerns, such as depression.



Under the Age of 50

To prevent heart disease, your cholesterol should be checked every five years, starting at age 35. If you have diabetes or other risk factors for heart disease, you should get screened more often, starting at age 20. Glucose screening to check your blood sugar should be done every three years starting at age 45.



Ages 50+

Your first screening for colorectal cancer should happen at age 50. It is also recommended that those of you with an average risk talk about whether to consider a prostate cancer screening. If you are 65-75 and have ever been a smoker, ask your doctor about getting an abdominal ultrasound to check for abdominal aortic aneurysm, which can be fatal.



Prevention Guidelines for Men

Screening tests and vaccines are an important part of managing your health. Click the links below from [medlineplus.gov](https://www.nlm.nih.gov/medlineplus) and check out some prevention guidelines depending on your age group. Talk with your health care provider to make sure you're up-to-date on what you need.

[Ages 18-39](#)

[Ages 40-64](#)

[Ages 65 and older](#)

Need a Physician?

Call St. Joseph Health's Physician Referral Line at (877) 449-DOCS or go to [StJosephHealthMedicalGroup.org](https://www.stjosephhealthmedicalgroup.org).