



**Weill Cornell Medicine**

# Men's Health Through the Ages



**Men: Do you want good health at every stage of life?  
Try some of these tips to help make it happen.**

## 20s & 30s

Annual **flu shot** and **tetanus diphtheria booster** every ten years\*

**Blood pressure** check every two years\*

**Cholesterol screening** at age 35, earlier with heart disease risk factors\*

**Diabetes screening** if you have high BMI, a family history of diabetes, high blood pressure or other risk factors\*

**Height, weight and BMI** checked every year\*

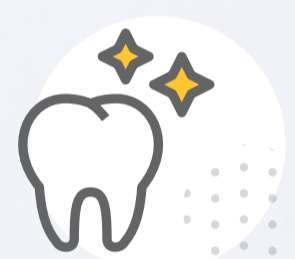
**Hepatitis C screening**, at least once after age 18

**Skin cancer exams** annually\*

**Teeth cleaned and examined** once or twice a year\*

**Vision screening** at least every two years—more often if you have diabetes\*

**Note: All of these should be continued throughout life.**



## 40s & 50s

**Diabetes screening** when older than 44 and then repeated every three years\*

**Colorectal cancer screening** at age 45—earlier if you are at high risk\*

**Shingles vaccine** beginning at age 50\*

**Prostate cancer screening** typically beginning at age 50 if deemed appropriate by a healthcare provider~

**Lung cancer screening** at age 50 for current or former smokers who smoked the equivalent of one pack a day for 20 years\*

## 60s & Beyond

**Bone density testing** for men who are age 70 and older, have had a broken bone after 50, or are 50–69 and have osteoporosis risk factors (a family history of osteoporosis or fracture, frequent falls, vitamin D deficiency, smoking history, excessive alcohol intake, malabsorption and use of certain medications, such as prednisone)+

**One-time abdominal aortic aneurysm screening** in ages 65 to 75 for current or former smokers\*

**Pneumonia vaccine** beginning at age 65\*

**To schedule an appointment with your care team, please visit: [weillcornell.org/doctors](http://weillcornell.org/doctors)**



Sources:

\* National Library of Medicine

+ National Osteoporosis Foundation

\* U.S. Preventive Services Task Force

~ American Cancer Society



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