

# 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\*

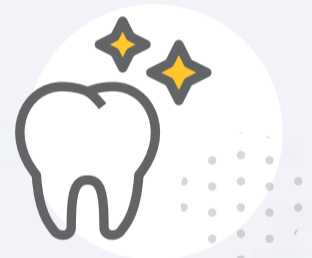
**Height, weight and BMI** checked every year\*

**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 smoke the equivalent of 20 pack years\*



## 60s & Beyond

**Bone density testing** at age 70 (or earlier if you break a bone after age 50)\*

**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