



Weill Cornell Medicine

Here's What We Know: Men's Health Through the Ages



Men: The right screenings, tests, and vaccines help protect your health today and for years to come.

Here's what you need to know to stay healthy.

→ 20s & 30s



Flu shot every year and **tetanus-diphtheria booster** every decade



Blood pressure check every three to five years



Cholesterol screening at age 35—earlier with heart disease risk factors



Diabetes screening at age 35—earlier if you have a high BMI, a family history of diabetes, high blood pressure or other risk factors



Height, weight and BMI check every year



Hepatitis C screening at least once after age 18



Skin cancer exam annually



Teeth cleaning and examination once or twice a year



Vision screening at least every two years—yearly if you have diabetes

Note: You should continue all of these—except hepatitis C—throughout life.

→ 40s & 50s



Colorectal cancer screening at age 45—earlier if you're at high risk



Lung cancer screening at age 50 if you smoked the equivalent of one pack a day for 20 years and either still smoke or quit within the last 15 years



Pneumonia vaccination beginning at age 50



Prostate cancer screening typically beginning at age 55 if deemed appropriate by a healthcare provider



Shingles vaccination beginning at age 50

→ 60s & Beyond



Abdominal aortic aneurysm screening between the ages of 65 and 75 if you smoke or have a history of smoking



Bone density testing at age 70 and beyond, after age 50 if you break a bone and at any age if you have osteoporosis risk factors (family history of osteoporosis or fractures, frequent falls, vitamin D deficiency, smoking history, excessive alcohol intake, malabsorption and use of certain medications, such as prednisone)

Visit weillcornell.org/doctors to find or schedule an appointment with a doctor or other health specialist.

[Here's What We Know]