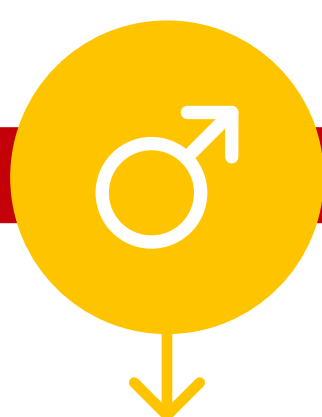




**Weill Cornell Medicine**

# 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](https://weillcornell.org/doctors) to find or schedule an appointment with a doctor or other health specialist.

**[Here's What We Know]**