

Bureau of Health Services - Men's Health Information For All Ages

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Men's Health Week will be celebrated during the week leading up to and including Father's Day, June 11-17, 2012. The purpose of this week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men.



Check the guidelines listed below to find out about important screening tests for men. Keep in mind that these are only guidelines. Your doctor or nurse will personalize the timing of the screening tests you need based on many factors. Ask your doctor or nurse if you don't understand why a certain test is recommended for you.

These guidelines are recommended by the U.S. Preventative Services Task Force.



Get regular checkups! Your FDNY doctor or nurse can help you stay healthy. Use your annual medical to bring up any health concerns or questions you have. Make sure to ask about: Tobacco Use – Alcohol Use – Depression – Weight

Screening Test	Ages 18 - 39	Ages 40 - 49	Ages 50 - 64	Ages 65 and older
Blood pressure test <u>(High Blood Pressure Detection and Prevention)</u>	<p>Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).</p> <p>Get tested once a year if you have blood pressure between 120/80 and 139/89.</p> <p>Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.</p>	<p>Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).</p> <p>Get tested once a year if you have blood pressure between 120/80 and 139/89.</p> <p>Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.</p>	<p>Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).</p> <p>Get tested once a year if you have blood pressure between 120/80 and 139/89.</p> <p>Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.</p>	<p>Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).</p> <p>Get tested once a year if you have blood pressure between 120/80 and 139/89.</p> <p>Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.</p>

Cholesterol test	<p>Starting at age 20 until age 35, get a cholesterol test if you are at increased risk for heart disease.</p> <p>Starting at age 35 and older, get a cholesterol test regularly.</p> <p>Ask your doctor or nurse how often you need your cholesterol tested.</p>	<p>Get a cholesterol test regularly.</p> <p>Ask your doctor or nurse how often you need your cholesterol tested.</p>	<p>Get a cholesterol test regularly.</p> <p>Ask your doctor or nurse how often you need your cholesterol tested.</p>	<p>Get a cholesterol test regularly.</p> <p>Ask your doctor or nurse how often you need your cholesterol tested.</p>
Diabetes screening	<p>Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.</p>	<p>Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.</p>	<p>Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.</p>	<p>Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.</p>
Colorectal cancer screening			<p>Starting at age 50, get screened for colorectal cancer.</p> <p>Talk to your doctor or nurse about which screening test is best for you and how often you need it.</p>	<p>Get screened for colorectal cancer through age 75.</p> <p>Talk to your doctor or nurse about which screening test is best for you and how often you need it.</p>
HIV test	<p>Get tested if you are at increased risk for HIV.</p> <p>Discuss your risk with your doctor or nurse.</p>	<p>Get tested if you are at increased risk for HIV.</p> <p>Discuss your risk with your doctor or nurse.</p>	<p>Get tested if you are at increased risk for HIV.</p> <p>Discuss your risk with your doctor or nurse.</p>	<p>Get tested if you are at increased risk for HIV.</p> <p>Discuss your risk with your doctor or nurse.</p>
PSA test		<p>Prostate cancer screenings can help identify cancer early on, when treatment is most effective.</p> <p>PSA screenings are encouraged for men between the ages of 40 and 75.</p>	<p>Prostate cancer screenings can help identify cancer early on, when treatment is most effective.</p> <p>PSA screenings are encouraged for men between the ages of 40 and 75.</p>	<p>Prostate cancer screenings can help identify cancer early on, when treatment is most effective.</p> <p>PSA screenings are encouraged for men between the ages of 40 and 75.</p>

Syphilis screening	Get tested for syphilis if you are at increased risk. Discuss your risk with your doctor or nurse.	Get tested for syphilis if you are at increased risk. Discuss your risk with your doctor or nurse.	Get tested for syphilis if you are at increased risk. Discuss your risk with your doctor or nurse.	Get tested for syphilis if you are at increased risk. Discuss your risk with your doctor or nurse.
Abdominal aortic aneurysm screening				Get this one-time screening if you are age 65 to 75 and have ever smoked