

Essential Health Screenings for Men



CHOLESTEROL AND BLOOD PRESSURE

Screenings are crucial because there are no visible symptoms. Cholesterol should be checked every four to six years. Blood pressure should be checked every two years.



SKIN EXAM

Men face higher risk and mortality rates from invasive melanoma. While your healthcare provider will do a quick visual skin check during your visits, remember to do these checks on your own too.

BONE DENSITY TEST

Maintaining good bone health is crucial, and detecting bone loss early on can help prevent fractures.



BLOOD GLUCOSE SCREENING

Signs of diabetes may include fatigue, blurry vision, or extreme thirst. Those at an average risk should be tested every three years starting at 45.

COLORECTAL CANCER

A colonoscopy is one of the most common screenings used to test for colorectal cancer. For those at average risk, screenings should be done every ten years starting at 45.



PROSTATE EXAM

Prostate cancer is the second most common cancer among American men, second only to skin cancer. Detecting the disease at its early stages increases the chances of successful treatment.

ANEURYSM SCREENING

Screening for abdominal aortic aneurysm (a bulge or swelling in the aorta) is important for men aged 65 and above who have a history of tobacco use.



Note: Men at higher risk may need to be screened more frequently than mentioned above.

To learn more helpful tips visit [BeWellSHBP.com/MensHealth](https://www.BeWellSHBP.com/MensHealth) or call **888.616.6411**.