



WESTMED Medical Group is pleased to present **preventive health guidelines** for men. We believe that when you stay on top of the screenings you need and see your primary care physician for regular comprehensive physical examinations, you increase your chances of staying healthy.

In preparing the following preventive health guidelines, leading medical experts and specialty associations were consulted. The guidelines are general and recommended for certain age ranges. Please remember this information is a guide and does not take the place of a discussion with your physician during your visit where you can make informed decisions about your health care.

## **Preventive Health Guidelines for Men**

### **Men Age 18-40**

- Physical exam every 2 years to include blood pressure, height and weight and other necessary lab tests and screenings
- Cholesterol testing every 5 years
- Vaccines - tetanus recommended every 10 years, pertussis (whooping cough) once as an adult, pneumonia vaccine once for those with chronic heart or lung disease and diabetes, and annual influenza vaccine
- Consider completing your advance directive in the form of a Health Care Proxy.

### **Men Age 40-50**

- Annual physical exam to include blood pressure, height and weight and other necessary lab tests and screenings
- Cholesterol testing every 5 years
- Vaccines - tetanus recommended every 10 years, pertussis (whooping cough) once as an adult, pneumonia vaccine once for those with chronic heart or lung disease and diabetes and annual influenza vaccine
- Review your advance directive (Health Care Proxy) and update accordingly.

### **Men Age 50-74**

- Annual physical exam to include blood pressure, height and weight and blood work for cholesterol, diabetes and other necessary screening
- Colonoscopy to screen for colon cancer every 10 years



- Screening for prostate cancer with serum prostate-specific antigen (PSA) is controversial. WESTMED currently recommends that patients discuss the pros and cons of such testing with their primary care provider
- Tetanus recommended every 10 years and herpes zoster (shingles) vaccine once over age 60, pneumonia vaccine once for those with chronic heart or lung disease and diabetes
- Annual influenza vaccine
- Review your advance directive (Health Care Proxy) and update accordingly. Consider sharing with family and healthcare providers.

### **Men Age 75 and Over**

- Annual physical/wellness exam to include blood work for fall risk, cognitive screen, cholesterol, diabetes and other necessary lab tests and screenings
- Annual flu vaccine
- Colonoscopy as per preference and discussion with physician
- Review your advance directive (Health Care Proxy) and discuss with your primary care provider your decisions/questions regarding advance care planning