

Essential Screening Tests *for Men*

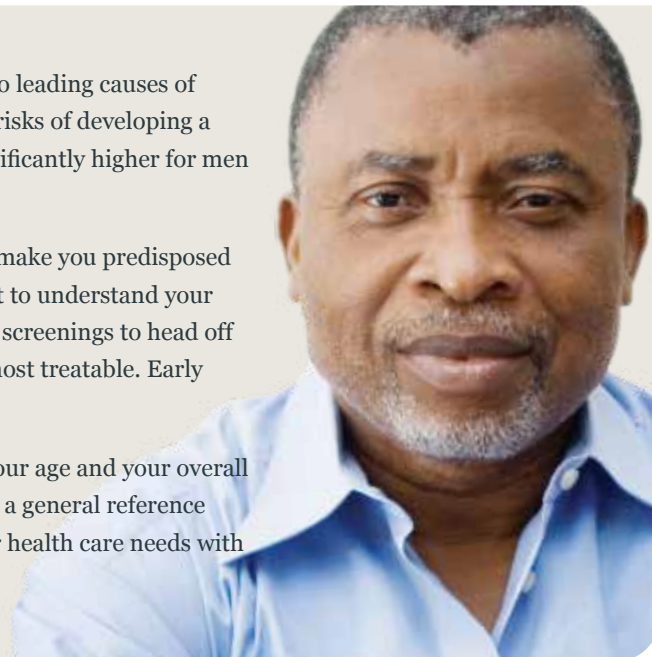


A UnitedHealthcare Company

Heart disease and cancer are the two leading causes of death in the United States, and the risks of developing a significant health condition are significantly higher for men age 50 and older.

Your family health history can also make you predisposed to certain diseases. So it's important to understand your risk factors and receive appropriate screenings to head off potential problems when they are most treatable. Early detection could save your life.

Recommended tests are based on your age and your overall risk factors. The guidelines here are a general reference only. Always discuss your particular health care needs with your physician.



American Cancer Society recommendations:

Screening Tests for Cancer

Testicular Cancer:

Most common cancer in men age 20-34; highly treatable when found early.

- ☐ Testicular exam during each routine physical
- ☐ Ask about additional screening if high-risk or have family history

Colorectal Cancer:

Second-most deadly cancer; often develop slowly and without symptoms.

- ☐ Screenings begin at age 50 if average-risk
- ☐ Ask about screening options available

Skin Cancer:

Older men twice as likely as women to develop melanoma, the most dangerous skin cancer.

- ☐ Self-exams for changes in moles, skin marks
- ☐ Skin exam during routine cancer checkup

Prostate Cancer:

Second-most common cancer in men; Discuss with your doctor potential screenings, based on your risk factors.

- ☐ Discussion at age 50 if average-risk
- ☐ Discussion at age 45 if high-risk
- ☐ Discussion at age 40 if family history

American Heart Association and American Diabetes Association recommendations:

Screening Tests for Heart Health

High Blood Pressure (Hypertension):

Blood pressure tends to rise with age, increasing risks of heart disease, stroke and kidney failure.

- ☐ Screenings at age 20 and every two years
- ☐ Annual screenings if high blood pressure

LDL Cholesterol:

The "bad" cholesterol, is main source of damaging buildup or blockage in arteries; Fasting blood lipid panel checks cholesterol levels.

- ☐ Screenings at age 20 and every five years
- ☐ Regular screenings after age 35

Type 2 Diabetes:

Most common form of diabetes, often has no symptoms; Fasting plasma glucose test checks for diabetes.

- ☐ Screenings at age 45 and every three years for healthy adults
- ☐ Earlier, more frequent screenings if multiple risk factors

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