



# MALES

## TEENS – 30's

### Monthly

-Skin self-exam

### Every year

-Dental cleaning and exam twice per year

-Testicular Self exam

### Every 3 years

-Blood pressure

-Physical exam

### Every 5 years

-Cholesterol

### Every 10 years

-Hearing

### Don't Forget

-Electrocardiogram at 30, then as needed

- Eye exam at 18, then as

Recommended



## 40's

### Monthly

- Skin self-exam
- Testicular Self exam

### Every year

- Dental cleaning and exam twice per year
- Blood pressure

### Every 3 years

- Physical exam

### Every 5 years

- Cholesterol

### Every 10 years

- Hearing

### Don't Forget

- Colonoscopy (only if at high risk)
- Eye exam as recommended



## 50's

### Monthly

- Skin self-exam
- Testicular Self exam

### Every year

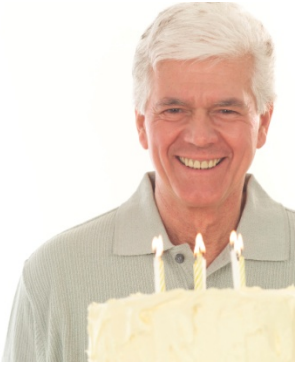
- Dental cleaning and exam twice per year
- Blood pressure
- Physical Exam
- Prostate exam

### Every 5 years

- Cholesterol

### Every 10 years

- Colonoscopy (unless at high risk)
- Hearing



## 60 - 100

### Monthly

- Skin self-exam
- Testicular Self exam

### Every year

- Dental cleaning and exam twice per year
- Blood pressure
- Physical exam
- Prostate Exam

### Every 5 years

- Cholesterol

### Every 10 years

- Colonoscopy (unless at high risk)
- Hearing

### Don't Forget

- Bone health screening at 60, then as needed
- Eye exam as recommended