

City of Milwaukee Health Department Screening Recommendations for Men

Health Checkup	Men 18-49 years old	Men 50-64 years old	Men 65+
Weight ¹	At least every 1 year	At least every 1 year	At least every 1 year
Blood Pressure ²	At least every 1-2 years	At least every 1-2 years	At least every 1-2 years
Cholesterol ³	At least once every 5 years	At least once every 5 years	At least once every 5 years
Prostate Cancer Screening ⁴	Talk to your doctor	Talk to your doctor	Talk to your doctor
Testicular Exam ⁵	Annual (Some doctors recommend monthly self-exam)	Annual	Annual
Colon Cancer Screening ⁶		Talk to your doctor Recommended to begin screening at age 50	Talk to your doctor
Diabetes Screening ⁷	Talk to your doctor (depends on risk factors)	Every 3 years (blood glucose test)	Every 3 years (Blood glucose test)
Eye Exam ⁸	Annual until age 20 At least every 10 years from age 20-39 Exam at age 40 to determine how often future screening is needed	Talk to your doctor, based on previous exams	Every 1-2 years
Dental Exam ⁹	Regular screening	Regular screening	Regular screening
Hearing ¹⁰	At least every 10 years	At least every 3 years	At least every 3 years
Depression ¹	Talk to your doctor	Talk to your doctor	Talk to your doctor
Sexually Transmitted Diseases ¹	Talk to your doctor	Talk to your doctor	Talk to your doctor

1. Agency for Healthcare Research and Quality. Men: Stay Healthy at Any Age. <http://www.ahrq.gov/ppip/healthymen.htm>.
2. American Heart Association. <http://www.americanheart.org/presenter.jhtml?identifier=219>.
3. American Heart Association. http://www.nhlbi.nih.gov/guidelines/cholesterol/atp_iii.htm.
4. American Cancer Society. http://www.cancer.org/docroot/CRI/content/CRI_2_2_3X_How_is_prostate_cancer_found_36.asp?sitearea.
5. American Cancer Society. http://www.cancer.org/docroot/CRI/content/CRI_2_2_3x_How_Is_Testicular_Cancer_Found_41.asp?sitearea.
6. American Cancer Society. http://www.cancer.org/docroot/CRI/content/CRI_2_2_3X_How_is_colorectal_cancer_found.asp?sitearea.
7. American Diabetes Association. <http://www.diabetes.org/uedocuments/CMRCheckupChart.pdf>
8. Eyecare America, Foundation of the American Academy of Ophthalmology. <http://www.eyecareamerica.com/eyecare/treatment/eye-exams.cfm>.
9. American Dental Association. <http://www.ada.org/public/manage/stages/adults.asp>.
10. American Speech-Language-Hearing Association. <http://www.asha.org/public/hearing/testing#adults>



Tom Barrett, Mayor
Bevan K. Baker,
Commissioner of Health
www.milwaukee.gov/health

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