

# Screening Guidelines for Men

**Wellness Exam** - Review overall health status with your physician

**Abdominal Aortic Aneurysm Screening** - An ultrasound takes images and measurements of the abdominal aorta. An enlargement of the abdominal aorta may cause a weakness in the abdominal wall, particularly in men who have smoked. If it ruptures it most likely results in death.

**Blood Pressure** - Screening for high blood pressure (hypertension)

**Blood Tests & Urinalysis** - Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.

**EKG** - Electrocardiogram screens for heart abnormalities

**Rectal Exam** - Screens for hemorrhoids, lower rectal problems, colon and prostate cancer, these exams do not have to be performed every year.

**PSA Blood Test** - Prostate Specific Antigen (PSA) is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Discuss your family history and personal risk factors with your physician to determine when to be tested and how often.

**Colorectal Health** - A colonoscopy is a test that uses a thin, flexible tube called a colonoscope to look at the colon. A colonoscopy helps find ulcers, colon polyps, tumors, and areas of inflammation or bleeding.

**Chest X-Ray** - Should be considered in smokers over the age of 45

**Bone Health** - Bone mineral density test. Testing is best done under the supervision of your physician.

**Self Exams** - Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth

**Testosterone Screening** - Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.

**Sexually Transmitted Diseases (STDs)** - Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, HIV, and other STDs.