

These preventative screening guidelines may vary based on patient’s medical history, family history, and other associated risk factors.

Male	PREVENTATIVE SERVICE	TEST	FREQUENCY	DATE LAST DONE	NEXT DUE DATE
	COLORECTAL CANCER SCREENINGS	Stool Tests	Ages 50-75: Once a year		
		Flexible Sigmoidoscopy	Ages 50-75: Every 5 years or every 10 years with annual stool tests		
		Colonoscopy	Ages 50-75: Every 10 years		
		CT Colonography	Ages 50-75: Every 5 years		
	PROSTATE CANCER SCREENINGS	Prostate Specific Antigen (PSA) – blood work	Ages 50+ with average risk: Every 1-2 years		
		Digital Rectal Exam	Ages 50+ with average risk: Every year		
	CARDIOVASCULAR SCREENINGS	Lipid Panel – Blood Work	Ages 35+: Every 5 years		
		Blood Pressure	Each regular office visit or at least every 2 years if BP is less than 120/80		
		Weight/Body Mass Index (BMI)	During annual physical exam		
	ABDOMINAL AORTIC ANEURYSM SCREENING	AAA Ultrasound	Ages 65-75 with family history of AAAs or who have ever smoked: Once		
	DIABETES SCREENING	Fasting Blood Sugar or A1C	Ages 40-75 with normal risk: Every 3 years		
	DIABETES SELF-MANAGEMENT				
	VISION/GLAUCOMA SCREENING	Ask your eye doctor			
	BONE MASS MEASUREMENT	Dexa Bone Scan	As determined by provider		
	NUTRITION SERVICES				
	IMMUNIZATIONS	Link to Immunizations per age group in https://www.healthcare.gov/preventive-care-children/			
	LUNG CANCER SCREENING	Chest CT	Ages 55-80 with smoking history: Every year		
	SMOKING CESSATION				
	ADVANCED DIRECTIVE		All Ages: Give copy to your provider and Update as needed		
	OTHER SCREENING	Testicular Cancer Exam	Routine self-exam		
		Skin Cancer Assessment	Ages 20-39: Every 3 years Ages 40+: Every year		
	TYPE OF EXAM				