

Get the Screenings You Need

Health Screenings for Men Age 65 and Older

ANNUAL PHYSICAL EXAM

You should visit your health care provider annually, even if you are healthy, just to review your overall health. The purpose of these visits is to:

- Screen for medical issues, including depression
- Review any barriers you might have for optimal health care
- Update your list of current medical problems
- Assess your risk for future medical problems, including fall risk
- Review your medicines and risk for interactions
- Update vaccinations
- Encourage a healthy lifestyle and advise on diet and exercise
- Review your alcohol and tobacco use
- Provide safety information, such as seat belt use
- Provide information on community resources available to improve health and well being
- If you are otherwise healthy, help you get to know your provider in case of an illness

ABDOMINAL AORTIC ANEURYSM SCREENING

If you are age 65 to 75 and have smoked, you should have an ultrasound to screen for abdominal aortic aneurysms. Other men should discuss this screening with their provider.

BLOOD PRESSURE SCREENING

Have your blood pressure checked at least once every 2 years. If the top number (systolic number) is from 120 to 139 mm Hg, or the bottom number (diastolic number) is from 80 to 89 mm Hg, you should have it checked every year. If you have diabetes, heart disease, kidney problems, or certain other conditions, you may need to have your blood pressure checked more often, but still at least once a year.

CHOLESTEROL SCREENING AND HEART DISEASE PREVENTION

If your cholesterol level is normal, have it rechecked at least every 5 years. If you have high cholesterol, diabetes, heart disease, kidney problems, or certain other conditions, you may need to be checked more often.

COLORECTAL CANCER SCREENING

From age 50 until age 75, you should have screening for colorectal cancer on a regular basis. If you are age 76 or older, you should ask your provider if you need to be screened.

DENTAL EXAM

Go to the dentist once or twice every year for an exam and cleaning. Your dentist will evaluate if you have a need for more frequent visits.

DIABETES SCREENING

If you are age 65 or older and in good health, you should be screened for diabetes every 3 years. If you are overweight and have other risk factors for diabetes, ask your provider if you should be screened more often.

EYE EXAM

Have an eye exam every 1 to 2 years if you have vision problems. Have an eye exam at least every year if you have diabetes and related vision abnormalities.

HEARING TEST

Have your hearing tested if you have symptoms of hearing loss.

IMMUNIZATIONS

If you are age 65 or older, get a pneumococcal vaccine. You should get a flu shot each year. Get a tetanus-diphtheria booster every 10 years. You may get a shingles (herpes zoster) vaccine at age 50 or older. Also consider COVID-19 vaccination.

LUNG CANCER SCREENING

You should have an annual screening for lung cancer if you are over age 55 AND you have a 30 pack-year smoking history AND you currently smoke or have quit within the past 15 years

INFECTIOUS DISEASE SCREENING

The US Preventive Services Task Force recommends screening for hepatitis C. Depending on your lifestyle and medical history, you may need to be screened for infections such as syphilis, chlamydia, and HIV, as well as other infections.

OSTEOPOROSIS SCREENING

If you have risk factors for osteoporosis, you should check with your provider about screening. Risk factors can include long-term steroid use, low body weight, smoking, heavy alcohol use, a fracture after age 50, or a family history of osteoporosis.

PROSTATE CANCER SCREENING

If you're 55 through 69 years old, before having the test, talk to your provider about the pros and cons of having a PSA test.

SKIN EXAM

Your provider may check your skin for signs of skin cancer, especially if you're at high risk. People at high risk include those who have had skin cancer before, have close relatives with skin cancer, or have a weakened immune system.