

Health screenings - men ages 65 and older

Men ages 65 and older should get a physical exam once a year. Talk to your doctor about which ones you should consider at your next exam.

If you are between ages 65 - 75 and have smoked, you
should have an ultrasound to screen for abdominal aortic
aneurysms.
Have your blood pressure checked every year.
If you have diabetes, heart disease, kidney problems, or
certain other conditions, you may need to be checked more
often.
Your cholesterol should be checked every 5 years if levels
are normal.
If you have high cholesterol, diabetes, heart disease, kidney
problems, or certain other conditions, you may need to be
checked more often.
Until age 75, you should have one of the following screening
tests:
 A stool test done every year
 Flexible sigmoidoscopy every 5 - 10 years, along with a
stool guaiac test
 Colonoscopy every 10 years
 You may need more frequent screenings if you have a family
history of colon cancer.
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, you may need to be screened more often.
If you are age 65 or older, get a pneumococcal vaccine if
you have never had one, or if it has been more than 5 years
since you had the vaccine.
 You should get a flu shot each year.
 Get a tetanus-diphtheria booster every 10 years.
 You may get a shingles or herpes zoster vaccine after age
60.
Depending on your lifestyle and medical history, you may
need to be screened for syphilis, chlamydia, and HIV.



✓	Lung Cancer	 You should get screened for lung cancer annually if you are age 55-80 and: Have a 30 pack-year smoking history AND Currently smoke or have quit within the past 15 years
	Osteoporosis Screening	 If you have risk factors for osteoporosis, you should discuss screening with your provider. Risk factors can include long-term steroid use, low body weight, smoking, heavy alcohol use, or a family history of osteoporosis.
√	Prostate Cancer Screening	Most men age 65 or older should discuss screening for prostate cancer with their provider.