

Be proactive, at all ages.

Men's health screenings and vaccinations play a key role in disease prevention and early detection. No matter your age, it is important to stay on top of your recommended health and wellness checks. Talk to your physician about your lifestyle, your medical and family history, and what diseases you may be at the highest risk for. Together with your physician, build a preventative health screening plan that's right for you.

| Age Group | Test | Frequency |
|-----------|--|---|
| 10-19 | HPV Vaccine (Ages 9-14) | 2 shots, 6 months apart |
| | Routine Chlamydia Screening (if sexually active) | Annually |
| | HIV Test (all men should be offered this test after becoming sexually active) | One-time screen with follow-up based on individual risk |
| | Physical checks for weight, height, skin changes; counseling for alcohol, tobacco, recreational drug use, sexual activity, diet and exercise | |
| | Flu Vaccine | Annually |
| | Tetanus Booster | Every 10 years |
| 20-29 | Testicular Self-Exams | Monthly |
| | Physical Exam (overall health check) including blood pressure | Every 3 years |
| | Cholesterol/Lipid Panel | Every 5 years |
| | Routine STI/Chlamydia Screening (up to 25 and sexually active or 25+ with an increased risk) | Annually |
| | HPV Vaccination (Ages 15-45) if you haven't received it yet | One series of 3 vaccines, each 2 months apart |
| | Flu Vaccine | Annually |
| | Tetanus Booster | Every 10 years |
| 30-39 | Testicular Self-Exams | Monthly |
| | Physical Exam (overall health check) including blood pressure | Every 3 years |
| | Cholesterol/Lipid Panel | Every 5 years |
| | Blood Sugar Testing | Every 3 years or annually if overweight |
| | Electrocardiogram (EKG) Baseline | At age 30 |
| | Flu Vaccine | Annually |
| | Tetanus Booster | Every 10 years |

| Age Group | Test | Frequency |
|-----------------|--|---|
| 40-49 | Testicular Self-Exams | Monthly |
| | Physical Exam (overall health check) including prostate check and blood pressure | Every 3 years |
| | Cholesterol/Lipid Panel | Every 5 years |
| | Blood Sugar Testing | Every 3 years or annually if overweight |
| | Colonoscopy Screening (if you have a family history of colorectal cancer and/or precancerous polyps) | Every 10 years starting at age 45 |
| | High Sensitivity Stool Occult Blood Testing (if you have a family history of colorectal cancer and/or precancerous polyps) | Annually |
| | EKG | Every 4 years |
| | Flu Vaccine | Annually |
| | Tetanus Booster | Every 10 years |
| 50-59 | Testicular Self-Exams | Monthly |
| | Physical Exam (overall health check) including blood pressure | Every year |
| | Prostate Exam including PSA Test | Annually |
| | Cholesterol/Lipid Panel | Every 5 years |
| | Colonoscopy Screening (all men) | Every 10 years |
| | High Sensitivity Stool Occult Blood Testing for all | Annually |
| | Flexible sigmoidoscopy (alternating every 5 years with colonoscopy) | Every 10 years |
| | Coronary screening for heart disease, including EKG | Annually |
| | Blood Sugar Test | Every 3 years or annually if overweight |
| | Varicella Zoster Vaccine (Shingles) | 2 doses |
| | Flu Vaccine | Annually |
| Tetanus Booster | Every 10 years | |

| Age Group | Test | Frequency |
|-----------|---|---|
| 60+ | Testicular Self-Exams | Monthly |
| | Physical Exam (overall health check) including blood pressure | Every year |
| | Prostate Exam/PSA Test | Every 2-3 years (depending on results) |
| | Cholesterol/Lipid Panel | Every 5 years |
| | Colonoscopy Screening (all men) | Every 10 years |
| | High Sensitivity Stool Occult Blood Testing for all | Annually |
| | Flexible sigmoidoscopy (alternating every 5 years with colonoscopy) | Every 10 years until age 75 |
| | Blood Sugar Test | Every 3 years or annually if overweight |
| | Pneumococcal Vaccine (65+) | Single vaccination |
| | Flu Vaccine | Annually |
| | Tetanus Booster | Every 10 years |
| | Varicella Zoster Vaccine (Shingles) | *If not already done |
| | Abdominal Aortic Aneurysm (AAA) Ultrasound | Once between 65 - 75 |

PROTECT YOURSELF AND THE IMPORTANT MEN IN YOUR LIFE. SHARE THESE GUIDELINES TO MAKE SURE THAT THE ONES YOU LOVE ARE ALSO PUTTING THEIR HEALTH AND WELLNESS FIRST.

For more information regarding OceanMed and the services we offer, or to book an appointment with us, please contact us at familyhealth@oceanmed.ky, 345-946-2326, or visit our website at oceanmed.ky.