

# Preventive Health Tests Every Man Should Have

Preventive health screenings are important for keeping men healthy. They help find health problems early, when they are easier to treat. Important tests include:

- Blood pressure checks starting in early adulthood
- Cholesterol tests every few years starting at age 20
- Colorectal cancer screening starting at age 45
- Diabetes screening for men who are overweight, have high blood pressure, or have a family history of diabetes

Other tests may include:

- Prostate cancer screening around age 50 for average-risk men (earlier for higher-risk men)
- Skin checks
- Testicular exams

Men should keep up with these screenings and talk to their doctor about their personal risks. This helps prevent serious health problems and keeps them healthy long-term.

## Use QR Code to View Reference



<https://odphp.health.gov/myhealthfinder/doctor-visits/regular-checkups/men-take-charge-your-health>

