



# 6 health tests men need

Increasing awareness of health problems that can be prevented among men and encouraging them to get early detection and treatment of disease and injury is important.



## 6 ESSENTIAL SCREENING TESTS FOR MEN:



- 1. Prostate cancer:** The prostate specific antigen (PSA) test helps detect prostate cancer in men. Men, starting at age 50, should speak with their doctors about the pros and cons of screening. For those in high-risk categories, this conversation should begin at age 45 or earlier.
- 2. Blood pressure:** High blood pressure has no symptoms. Often, a healthier diet and regular exercise can lower blood pressure. If not, the medications to control blood pressure are well tolerated and do not cost a lot.
- 3. Cholesterol:** A cholesterol test also is a simple screening test and is advised for men at least every 5 years, or yearly if abnormal.
- 4. Colorectal cancer:** This is the third most common cancer in Americans. Beginning at age 45, men should be screened for precancerous polyps and colorectal cancer. Screening tests include the fecal occult blood test, flexible sigmoidoscopy and colonoscopy.
- 5. Skin cancer:** Limiting sun exposure and receiving regular skin check-ups can help men avoid this common cancer including melanoma – a potentially deadly form.
- 6. Diabetes:** Men aged 35 to 70 years who are overweight should be tested for type 2 diabetes and every 3 years. Common screening blood tests are fasting glucose and hemoglobin A1c. Diabetes can be detected early and controlled well before complications of more advanced disease set in.