



MEN'S HEALTH CHECKLIST FOR 2023

ARE YOU UP TO DATE ON YOUR HEALTHCARE NEEDS?

This annual physical exam checklist by age will help you keep track.

ANNUAL PHYSICAL EXAM CHECKLIST FOR MALES

Men of every age should undergo a yearly physical exam and talk with their primary care provider about changes to their diet and lifestyle, as well as their sexual and overall health.



Men 20-30+ Years of Age

It's as important for men in their 20s as it is for men in their 30s to ensure they receive yearly physical exams as well as the following tests and immunizations, and into your following years:

IMMUNIZATIONS

- ✓ Flu - yearly
- ✓ Tetanus booster - every 10 years

- ✓ HPV if under 26 and haven't yet received it
- ✓ Whooping cough (unless you've already received one)

TESTS TO BE COMPLETED AT EACH PHYSICAL

- ✓ Cholesterol
- ✓ Blood pressure
- ✓ STDs (for sexually active men)

TESTS TO BE COMPLETED AT EACH PHYSICAL

- ✓ Colorectal cancer
- ✓ Cancer
- ✓ Prostate cancer
- ✓ Type 2 diabetes
- ✓ Osteoporosis (for men 50 years and older, unless specified by your provider)

Men 40-50+ Years of Age

Several conditions, such as high blood pressure, can develop in men between 40 and 50 years of age but not show symptoms. Therefore, the following tests and immunizations are important to add for your next wellness exam and your physicals in the following years:

IMMUNIZATIONS

- ✓ Shingles - at 50 years of age



Men 50+ Years of Age

The risk of many conditions increases in men aged 50 and beyond. Therefore, it's important to ensure the following are received:

IMMUNIZATIONS

- ✓ Shingles (unless you've already received it)
- ✓ Pneumonia - at 55 years of age

TESTS TO BE COMPLETED AT EACH PHYSICAL

- ✓ Abdominal aortic aneurysm (for men who were previous smokers)
- ✓ Osteoporosis (for men with risk factors)

Primary care physicians at Crystal Run Healthcare provide in-person check-ups and visits for men of all ages.

To learn more and schedule an appointment, visit CrystalRunHealthcare.com or call 845-703-6999 today.

Mens Health Under 50 Chicago

Lingsheng Yao



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Men's Health, 2007-06 Men's Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle

Urological Men's Health Daniel A. Shoskes, 2012-06-15 Urological Men's Health A Guide for Urologists and Primary Care Physicians covers the major urologic conditions that have an impact on the health and well being of the adult male It opens with an overview of general men's preventative health as practiced by a world leading Executive Health center The volume covers the major genitourinary malignancies and addresses the latest controversies in screening and treatment selection This is followed by coverage of the conditions that don't shorten life but have major impact on quality of life and health care expenditure BPH urinary incontinence infertility urethral strictures erectile dysfunction urinary tract infections and chronic pelvic pain Also included are chapters on herbal and complementary therapy psychological and spousal support in urologic illness and the links between genitourinary disease and general vascular endothelial dysfunction Urological Men's Health A Guide for Urologists and Primary Care Physicians will be of great value to Urologists Internists General Practitioners and the residents and fellows who train within these specialties

Men's Health Equity Derek M. Griffith, Marino A. Bruce, Roland J. Thorpe, Jr., 2019-04-25 Worldwide men have more opportunities privileges and power yet they also have shorter life expectancies than women Why is this Why are there stark differences in the burden of disease quality of life and length of life amongst men by race ethnicity disability status sexual orientation gender identity rurality and national context Why is this a largely unexplored area of research Men's Health Equity is the first volume to describe men's health equity as a field of study that emerged from gaps in and between research on men's health and health inequities This handbook provides a comprehensive review of foundations of the field summarizes the issues unique to different populations discusses key frameworks for studying and exploring issues that cut across populations in the United States Australia Canada the United Kingdom Central America and South America and offers strategies for improving the health of key population groups and achieving men's health equity overall This book systematically explores the underlying causes of these differences describes the specific challenges faced by particular groups of men and offers policy and programmatic strategies to improve the health and well being of men and pursue men's health equity Men's Health Equity will be the first collection to present the state of the science in this field its progress its breadth and its future This book is an invaluable resource for scholars researchers students and professionals interested in men's health equity men's health psychology of men's health gender studies public health and global health

Men's Health, An Issue of Urologic Clinics Steven A. Kaplan, 2012-02-28 This issue of the Urologic Clinics covers timely topics pertinent to Men's Health including The Role of Primary Care in Men's Health Changes in Male Fertility in the Last Two Decades The Aging Male and Pre adolescent issues as risk factors for adult male health

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