

MEN'S HEALTH SCREENINGS

PIT STOPS TODAY. STRONG FINISH TOMORROW.

Regular screenings help catch issues, so you can stay in the race for the long run!

PIT STOP

20s



BUILD A STRONG FOUNDATION

- **BLOOD PRESSURE**
Every 2-5 years
- **CHOLESTEROL**
Every 4-6 years
- **DIABETES (BLOOD SUGAR)**
Every 3 years starting at age 25
- **WELLNESS VISIT**
Every year

20s FOCUS:

Build healthy habits and know your numbers.

PIT STOP

30s



STAY ON TRACK

- **BLOOD PRESSURE**
Every 2-5 years
- **CHOLESTEROL**
Every 4-6 years
- **DIABETES (BLOOD SUGAR)**
Every 3 years
- **LIVER FUNCTION TEST**
Every 5 years

30s FOCUS:

Maintain momentum and manage risk factors.

PIT STOP

40s



CHECK YOUR SYSTEMS

- **BLOOD PRESSURE**
Every 1-2 years
- **CHOLESTEROL**
Every 4-6 years
- **DIABETES (BLOOD SUGAR)**
Every 1-3 years
- **COLORECTAL CANCER SCREENING**
Starting at age 45
- **EYE EXAM**
Every 2-4 years

40s FOCUS:

Early detection keeps you in the lead.

PIT STOP

50s



STAY AHEAD

- **BLOOD PRESSURE**
Every 1-2 years
- **CHOLESTEROL**
Every 1-2 years
- **DIABETES (BLOOD SUGAR)**
Every 1-2 years
- **COLORECTAL CANCER SCREENING**
Every 10 years or as recommended
- **PROSTATE CANCER DISCUSSION & PSA TEST**
Discuss starting at age 50
- **LUNG CANCER SCREENING**
Annual low-dose CT for men 50-80 who smoke or quit within the past 15 years

50s FOCUS:

Consistent check-ups protect your long-term performance.

PIT STOP

60s



FINISH STRONG

- **BLOOD PRESSURE**
Every 1-2 years
- **CHOLESTEROL**
Every 1-2 years
- **DIABETES (BLOOD SUGAR)**
Every 1-2 years
- **COLORECTAL CANCER SCREENING**
Continue as advised
- **PROSTATE CANCER DISCUSSION & PSA TEST**
Continue as advised
- **BONE DENSITY TEST**
Starting at age 65
- **EYE EXAM**
Every 1-2 years

60s FOCUS:

Keep your body in top condition for the road ahead.

This guide is general information. Talk to your healthcare provider about screenings that are right for you.



Hospital Sisters
HEALTH SYSTEM

Visit [hshs.org/mens-health](https://www.hshs.org/mens-health) for more information.