

# NWPC Adult Male Preventive Health Services

*Please note that the services described below are only suggested screening recommendations. Please consult with your Practitioner at Northwest Primary Care to discuss which recommendations are right for you.*

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65+
<b>General Health</b>				
Wellness exam, including height and weight	Every 2-3 years		Every year	
<b>Colorectal Health</b>				
Colonoscopy <sup>1,2</sup>			Every 10 years	
Double contrast barium enema (DCBE) <sup>1,2</sup>			Every 5-10 years (if not having a colonoscopy)	
Fecal occult blood test <sup>1,2</sup>			Yearly	
Flexible sigmoidoscopy <sup>1,2</sup>			Every 5 years (if not having a colonoscopy)	
Rectal exam <sup>1,2</sup>	Discuss with your Practitioner		Every 5-10 years with each screening (sigmoidoscopy, DCBE or colonoscopy)	
<b>Counseling</b>				
Depression	As needed			
Drug and alcohol use	As needed			
Stress management	As needed			
Tobacco use cessation	As needed			
<b>Diabetes</b>				
Blood glucose test <sup>3</sup>	Discuss with your Practitioner	Starting at age 45, then every 3 years	Every 3 years	
<b>Eye and Ear Health</b>				
Complete eye exam <sup>4</sup>	At least once between the ages of 20-29 and at least twice between the ages of 30-39, or any time that you have a problem with your eye(s).	Every 2-4 years		Every 1-2 years
Hearing test <sup>5</sup>	Starting at age 18, then every 10 years	Every 10 years	Discuss with your Practitioner	
<b>Heart Health</b>				
Aortic aneurysm screening				Once if ever smoked (100 cigs/life)
Blood pressure <sup>6</sup>	At least every 2 years		Every 1-2 years	Every year
Cholesterol <sup>7</sup>	Starting at age 20, then every 5 years	Every 3-5 years		Every 1-3 years

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<b>Immunizations</b>				
Herpes zoster vaccine (to prevent shingles) <sup>8</sup>			Starting at age 60, one time only	
Influenza vaccine (flu) <sup>8</sup>	Discuss with your Practitioner		Yearly	
Meningococcal vaccine <sup>9</sup>	If attending college, discuss with your Practitioner			
Pneumococcal vaccine <sup>8</sup>	Discuss with your Practitioner <sup>10</sup>			Once at 65 years or older
Td/Tdap vaccine <sup>8</sup>	Every 10 years			
<b>Oral Health</b>				
Dental exam <sup>11</sup>	1-2 times every year			
<b>Prostate Health</b>				
Digital rectal exam <sup>1</sup>		Discuss with your Practitioner		
Prostate-specific antigen <sup>1</sup>		Discuss with your Practitioner		
<b>Reproductive Health</b>				
Chlamydia test <sup>12</sup>	Discuss with your Practitioner			
STD tests <sup>12</sup>	Both partners should be tested for STDs (including HIV) before initiating sexual intercourse			
Testicular exam <sup>13</sup>	Monthly self-exam; part of a wellness exam			

## Footnotes

1. [American Cancer Society - Guidelines for the Early Detection of Cancer](#)
2. [Centers for Disease Control and Prevention - Colorectal Cancer Screening Guidelines](#)
3. [American Diabetes Association - Checking Your Blood Glucose](#)
4. [Foundation of the American Academy of Ophthalmology - Eye Exams](#)
5. [American Speech-Language-Hearing Association - Hearing Screening \(Adults\)](#)
6. [U.S. Preventive Services Task Force - Screening for High Blood Pressure](#)
7. [American Heart Association - How to Get Your Cholesterol Tested](#)
8. [Centers for Disease Control and Prevention - Recommended Adult Immunization Schedule](#)
9. [Centers for Disease Control and Prevention - Meningococcal Vaccination](#)
10. [Centers for Disease Control and Prevention - Who Needs to Be Vaccinated](#)
11. [American Dental Association - Oral Health Topics A-Z](#)
12. [Centers for Disease Control and Prevention - Sexually Transmitted Disease Treatment Guidelines](#)
13. [American Cancer Society - Detailed Guide: Testicular Cancer](#)