

TESTS MEN NEED FOR CANCER, DIABETES, HEART DISEASE AND STROKE



GLOSSARY

Body Mass Index (BMI) The higher the BMI (calculated from your height and weight), the greater the risk for type 2 diabetes, heart disease, stroke, and some cancers.

Blood Pressure (BP) High blood pressure increases risk for heart disease, stroke, type 2 diabetes, and kidney disease.

Cholesterol Test (Blood Lipid Profile) High cholesterol increases risk for heart disease and stroke.

Blood Glucose (Sugar) High levels indicate risk for diabetes or actual diabetes and an increase risk for heart disease and stroke.

Colon Cancer Testing These tests can either prevent colon cancer or find it early. Colon cancer can be prevented by finding and removing a polyp before it becomes cancer.

Prostate Cancer Testing Increased levels of prostate-specific antigen (PSA) in the blood may mean prostate cancer. With a digital rectal exam (DRE), your doctor checks the prostate for lumps or enlargements.

20 TO 29 YEARS OF AGE

Body Mass Index (BMI) Calculated from height and weight at each routine healthcare visit.

Blood Pressure (BP) Each routine healthcare visit (every two years at minimum if your BP is less than 120/80 mmHg)

Cholesterol Test (Blood Lipid Profile) Every 5 years (or more often if you are on treatment for high cholesterol or as recommended by a healthcare professional).

Blood Glucose (Sugar) Find out if you are at high risk for diabetes. If not, no test is needed at this time.

Colon Cancer Testing Find out if you are at higher than average risk for colon cancer. If not, then no test is needed at this time.

Prostate Cancer Testing No test needed at this time.

30 TO 39 YEARS OF AGE

Body Mass Index (BMI) Calculated from height and weight at each routine healthcare visit.

Blood Pressure (BP) Each routine healthcare visit (every two years at minimum if your BP is less than 120/80 mmHg)

Cholesterol Test (Blood Lipid Profile) Every 5 years (or more often if you are on treatment for high cholesterol or as recommended by a healthcare professional).

Blood Glucose (Sugar) Find out if you are at high risk for diabetes. If not, no test is needed at this time.

Colon Cancer Testing Find out if you are at higher than average risk for colon cancer. If not, then no test is needed at this time.

Prostate Cancer Testing No test needed at this time.

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40 TO 49 YEARS OF AGE

Body Mass Index (BMI)

Calculated from height and weight each routine healthcare visit.

Blood Pressure (BP)

Each routine healthcare visit (every two years at minimum if your BP is less than 120/80 mmHg)

Cholesterol Test (Blood Lipid Profile)

Every 5 years (or more often if you are on treatment for high cholesterol or as recommended by a healthcare professional).

Blood Glucose (Sugar)

Under 45, ask your healthcare professional. Starting at age 45, test every three years.

Colon Cancer Testing

Find out if you are at higher than average risk for colon cancer. If not, then no test is needed at this time.

Prostate Cancer Testing

All African American men and all men with close family members with prostate cancer should discuss testing with a healthcare professional beginning at age 45.

50 TO 64 YEARS OF AGE

Body Mass Index (BMI)

Calculated from height and weight at each routine healthcare visit.

Blood Pressure (BP)

Each routine healthcare visit (every two years at minimum if your BP is less than 120/80 mmHg)

Cholesterol Test (Blood Lipid Profile)

Every 5 years (or more often if you are on treatment for high cholesterol or as recommended by a healthcare professional).

Blood Glucose (Sugar)

Every three years

Colon Cancer Testing

Start testing at age 50. Talk to a healthcare professional about which tests are best for you and how frequently tests should be done.

Prostate Cancer Testing

Talk with a healthcare professional about the potential benefits and limitations of testing to decide if testing is right for you.

65 YEARS AND OLDER

Body Mass Index (BMI) Calculated from height and weight at each routine healthcare visit.

Blood Pressure (BP)

Each routine healthcare visit (every two years at minimum if your BP is less than 120/80 mmHg)

Cholesterol Test (Blood Lipid Profile)

Every 5 years (or more often if you are on treatment for high cholesterol or as recommended by a healthcare professional).

Blood Glucose (Sugar)

Every three years

Colon Cancer Testing

Testing recommended. Talk to a healthcare professional about which tests are best for you and how frequently tests should be done.

Prostate Cancer Testing

Talk with a healthcare professional about the potential benefits and limitations of testing to decide if testing is right for you.

*All services above are covered
by Medicare.*