

MEN'S CHECK-UP CHECKLIST

A schedule of check-ups and age-appropriate screenings for men to help maintain wellness and prevent cancer.

Talk to your physician for the right check-ups, screenings, and intervals for you, based on your health status or risk factors, such as family history, alcohol or tobacco use, obesity, sexual activity, etc.

Please confirm coverage of these services with your insurance company.

| Check-Ups and Screenings | When | 19-39 | 40-49 | 50+ |
|---|--|-------|-------|-----|
| PHYSICAL EXAM: Thorough check of overall health status and well-being, including a testicular exam | Every year | ✓ | ✓ | ✓ |
| BLOOD PRESSURE: High blood pressure has no symptoms, but can cause permanent damage to organs | Every year | ✓ | ✓ | ✓ |
| BLOOD & URINE TESTS: Screen for cholesterol, diabetes, kidney and thyroid problems before symptoms occur | Every 3 years | ✓ | | |
| | Every 2 years | | ✓ | |
| | Every year | | | ✓ |
| PREVENTIVE CARE EXAMS: Dental | Every 6 months | ✓ | ✓ | ✓ |
| Hearing and Vision | Every year | ✓ | ✓ | ✓ |
| BONE HEALTH: Bone Mineral Density Test should be obtained at least once for all males to screen for bone loss | Baseline at age 70 | | | ✓ |
| SEXUALLY TRANSMITTED INFECTIONS (STIs): Obtain testing if there is a concern about exposure or symptoms | Discuss with your physician | ✓ | ✓ | ✓ |
| ORAL HEALTH & CANCER: Mouth and Throat Exam | Every year | ✓ | ✓ | ✓ |
| SELF-AWARENESS: Testicular: To find abnormal lumps Breast: To find abnormal lumps Skin: To look for signs of changing moles, freckles or sun spots | Every month Discuss abnormal findings with your physician | ✓ | ✓ | ✓ |
| PROSTATE HEALTH & CANCER: Prostate Specific Antigen (PSA) blood test and Digital Rectal Exam (DRE) by a physician | Baseline between ages 45-49 and then annually or less often depending on results and risk | | ✓ | ✓ |
| COLON & RECTAL HEALTH & CANCER: Screening Colonoscopy: The preferred exam to prevent cancer. Other options requiring annual testing are available. | Begin at age 45 | | ✓ | ✓ |
| | Every 10 years or more often, based on results | | ✓ | ✓ |
| LUNG HEALTH & CANCER: Low-Dose Chest CT | For current or former smokers between ages 50-80. Smokers must have 20+ pack years (#packs x #years) and former smokers must have quit within last 15 years. Patients may not have lung cancer symptoms. (Some exceptions may apply) | | | ✓ |

To learn more, contact OhioHealth CancerCall at (614) 566-4321 or (800) 752-9119, Monday through Friday, 8 AM to 5 PM.

OhioHealth follows the National Comprehensive Cancer Network (NCCN) and MD Anderson Cancer Center for screening guidelines.



WOMEN'S CHECK-UP CHECKLIST

A schedule of check-ups and age-appropriate screenings for women to help maintain wellness and prevent cancer.

Talk to your physician for the right check-ups, screenings and intervals for you, based on your health status or risk factors, such as family history, alcohol or tobacco use, obesity, sexual activity, etc.

Please confirm coverage of these services with your insurance company.

| Check-Ups and Screenings | When | 19-39 | 40-49 | 50+ |
|---|--|-------|-------|-----|
| PHYSICAL EXAM: Thorough check of overall health status and well-being | Every year | ✓ | ✓ | ✓ |
| BLOOD PRESSURE: High blood pressure has no symptoms, but can cause permanent damage to organs | Every year | ✓ | ✓ | ✓ |
| BLOOD & URINE TESTS: Screen for cholesterol, diabetes, kidney and thyroid problems before symptoms occur | Every 3 years | ✓ | | |
| | Every 2 years | | ✓ | |
| | Every year | | | ✓ |
| PREVENTIVE CARE EXAMS: Dental | Every 6 months | ✓ | ✓ | ✓ |
| Hearing and Vision | Every year | ✓ | ✓ | ✓ |
| BONE HEALTH: Bone Mineral Density Test should be obtained at least once for all postmenopausal females to screen for bone loss | Postmenopausal | | ✓ | ✓ |
| SEXUALLY TRANSMITTED INFECTIONS (STIs): Obtain testing if there is a concern about exposure or symptoms | Discuss with your physician | ✓ | ✓ | ✓ |
| ORAL HEALTH & CANCER: Mouth and Throat Exam | Every year | ✓ | ✓ | ✓ |
| SKIN: To look for signs of changing moles, freckles or sun spots | Every month Discuss abnormal findings with your physician | ✓ | ✓ | ✓ |
| BREAST HEALTH & CANCER SCREENING: Clinical breast exam by a physician Breast self awareness: To find abnormal lumps | Every year | ✓ | ✓ | ✓ |
| SCREENING MAMMOGRAM: X-ray of the breast | Every year | | ✓ | ✓ |
| REPRODUCTIVE HEALTH & CERVICAL CANCER: Gynecological Pelvic Exam and PAP Smear *Immunosuppression: Increased screening, check with your provider | Begin at age 21 | | | |
| | Age 21-24: Every 3 years pap smear test alone Age 25+: Every 5 years both pap smear and HPV testing if pap smear is combined with HPV testing | ✓ | ✓ | ✓ |
| COLON & RECTAL HEALTH & CANCER: Screening Colonoscopy: The preferred exam to prevent cancer. Other options requiring annual testing are available. | Begin at age 45 | | ✓ | ✓ |
| | Every 10 years or more often, based on results | | ✓ | ✓ |
| LUNG HEALTH & CANCER: Low-Dose Chest CT | For current or former smokers between ages 50-80. Smokers must have 20+ pack years (#packs x #years) and former smokers must have quit within last 15 years. Patients may not have lung cancer symptoms. (Some exceptions may apply) | | | ✓ |

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