

Staying on top of *your health*

A guide for men on routine checkups



Many health problems are easier to treat when caught early, yet many men skip regular checkups and screenings. These visits can detect issues before symptoms appear and provide peace of mind when everything is on track.

Men often delay preventive care because they feel fine, worry about results or don't recognise warning signs. But serious conditions (including heart disease) can develop without obvious symptoms. Making routine checkups a habit is one of the simplest ways to protect your health.

Getting started with screenings

Screening recommendations vary by age, health history and location. A health care provider can help determine what's right for you. Most screenings begin with a physical exam and basic blood tests. Based on the results, your provider will recommend when to return or if any follow-up is needed.

The chart below offers some general guidelines for men.

Regular checkups	When to begin	Notes
Routine physical exam	18 years old	A routine physical exam includes reviewing your health history, a basic examination and general health discussion. Frequency varies depending on age, health status and risk factors. Many adults under 50 may not need annual exams, while those who are 50 and older often benefit from yearly visits.
Screenings for common health risks	18 years old	During a routine physical exam, checkups or at other intervals, your doctor may recommend screening for high blood pressure, high cholesterol, diabetes, kidney or liver function, and other common conditions, based on your health status and risk factors.

Additional screenings	When to begin	Notes
Colon and rectal cancer and polyps screenings	45 years old	Earlier screening may be recommended if you have an immediate relative who has had colon cancer. Several tests are available – your doctor can recommend the option right for you.
Diabetes/prediabetes	45 years old	Screen earlier if you are overweight or have additional risk factors.
High blood pressure	18 years old	This screening is part of routine checkups, with frequency depending on results and risk factors.
Lung cancer	50 years old	Get screened if you currently smoke or have a history of heavy smoking and quit within the past 15 years.
Mental health	18 years old	Screening for depression and anxiety is recommended, with frequency depending on symptoms, risk factors and your doctor's guidance.
Prostate cancer	Discuss at 50 years old	Begin earlier (40–45 years old) if you are at higher risk, which includes Black men of African descent or men with a father or brother diagnosed before the age of 65.
Sexually transmitted infections (STIs)	Based on sexual activity and risk factors	HIV, chlamydia, gonorrhoea, syphilis and other infections can be transmitted during sexual activity, often without obvious symptoms. If you're sexually active (especially with more than one partner) regular STI screening is recommended.

Please note: These screenings are amongst the most commonly recommended. Recommendations can vary by age, country, ethnicity and risk factors. Your doctor may recommend specific screenings at earlier or more regular intervals for you.

Recognising risks early

It's also important to pay attention to your health between routine checkups. If you notice physical, mental or emotional changes, especially those that start affecting your daily life, it's a good idea to talk to a health care professional. Ongoing changes in your mood, behaviour, energy level, sleep, appetite or physical health (such as unexplained pain or fatigue) could signal that something else may be going on.

Tracking your family medical history

Some chronic diseases run in families. If a biological relative has had one, it might mean you're at a higher risk. Sharing your family's medical history with your health care team helps them understand your risks and recommend appropriate screenings.

Use the space on the next page to note down any known medical conditions or causes of death for your biological relatives. For any information you don't know, ask someone who may have more details. Include:

- Major medical conditions, including physical and mental health
- Age and cause of death (if applicable)
- First-, second- and third-degree relatives
- Ethnic background
- Age when diagnosed

Keep this information to hand so you can share it during appointments.

Great-grandmother	Great-grandfather	Great-grandmother	Great-grandfather	Great-grandmother	Great-grandfather	Great-grandmother	Great-grandfather
Maternal grandmother		Maternal grandfather		Paternal grandmother		Paternal grandfather	
Aunt	Aunt	Aunt	Mum	Dad	Aunt	Aunt	Aunt
Uncle	Uncle	Uncle			Uncle	Uncle	Uncle
Sibling (full or half)	Sibling (full or half)	Me	Sibling (full or half)	Sibling (full or half)			

Sources

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