



Health
Northern Sydney
Local Health District

Men's Health Check



Men's Health Check



Early detection of disease may prevent more serious problems from arising. If you have a family history of illness or do not see a GP on a regular basis then it is recommended that you have regular health check ups.

The following health checklist is intended as a guide.

Tests and screening procedures that you may need will depend upon your individual risks, your age, and your family medical history.

Make an appointment to talk to your GP and find out what is needed to maintain your health.

Don't wait until symptoms are present – practise preventative health.

Copies of this pamphlet available from
Men's Health Unit
Ph: (02) 9976 9860

The contents of this brochure have been sourced from the guidelines for 'Preventative Activities in General Practice' RACGP (2002)

This checklist was updated 2006

18-39 years

Some of the big picture issues that you need to watch out for ...

Early stage heart disease, high blood pressure & stroke

Testicular cancer

Injuries

Relationship difficulties

Drug & alcohol issues

Weight

Skin cancers such as Melanoma

Mental health & your wellbeing

Erectile difficulties

Your health check might include

- ✓ Physical exam by your GP every two years, including blood pressure and weight checks.
- ✓ Cholesterol (test for cardiovascular disease) baseline reading in your 20s with follow-up tests as recommended by your GP.
- ✓ Blood glucose (to test for diabetes) especially if you are overweight, have high blood pressure or high cholesterol.
- ✓ Skin exam every year (for skin cancer) especially in men who have a high exposure to the sun and other risk factors.
- ✓ Dental exam and cleaning every year.
- ✓ Self-examination of testicles for lumps.
- ✓ Immunisation review eg. Tetanus booster every 10 years.

40-49 years

Some of the big picture issues that you need to watch out for ...

Heart disease, high blood pressure & stroke

Diabetes

Drug & alcohol issues

Weight

Respiratory illnesses & lung cancer

Skin cancers such as Melanoma

Mental health & your wellbeing

Erectile difficulties

Your health check might include

- ✓ Physical exam by your GP every year, including blood pressure and weight checks.
- ✓ Regular cholesterol screening (for cardiovascular disease) at least every 5 years or at your GP's recommendation.
- ✓ Blood glucose (to test for diabetes) especially if you are overweight, have high blood pressure or high cholesterol.
- ✓ Skin exam every year (for skin cancer) especially in men who have a high exposure to the sun and other risk factors.
- ✓ Dental exam and cleaning every year.
- ✓ Self-examination of testicles for lumps.
- ✓ Immunisation review eg. Tetanus booster every 10 years.

50-64 years

Some of the big picture issues that you need to watch out for ...

Heart disease, high blood pressure & stroke

Diabetes

Drug & alcohol issues

Weight

Respiratory illness & lung cancer

Bowel, prostate & skin cancers

Erectile difficulties

Mental health & your wellbeing

Your health check might include

- ✓ Physical exam by your GP every year including blood pressure and weight checks.
- ✓ Regular cholesterol screening (for cardiovascular disease) at least every 5 years or at your GP's advice.
- ✓ ECG (heart trace) every 3 – 5 years as recommended by your GP.
- ✓ Test for diabetes (fasting blood sugar) every 3 years.
- ✓ Screening for bowel cancer every 2 years including colonoscopy every three to four years as recommended by your GP.
- ✓ Prostate checks annually (for prostate cancer) as recommended by your GP.
- ✓ Skin exam (for skin cancer) annually as part of the physical exam.
- ✓ Bone density test as recommended by your GP.
- ✓ Eye test annually.
- ✓ Dental exam and cleaning every year.
- ✓ Immunisation review eg. Tetanus booster every 10 years.

65 years and over

Some of the big picture issues that you need to watch out for ...

Heart disease, high blood pressure & stroke

Diabetes

Drug & alcohol issues

Weight

Respiratory illness & lung cancer

Bowel, prostate & skin cancers

Erectile difficulties

Mental health & your wellbeing

Your health check might include

- ✓ Physical exam by your GP every year including blood pressure, height and weight checks.
- ✓ Cholesterol test every year (for cardiovascular disease) at your GP's recommendation.
- ✓ ECG (heart trace) every 3 – 5 years or as recommended by your GP.
- ✓ Test for diabetes (fasting blood sugar) every 3 years.
- ✓ Prostate checks annually (for prostate cancer) as recommended by your GP.
- ✓ Screening for bowel cancer every 2 years including colonoscopy every 3 - 4 years as recommended by your GP.
- ✓ Skin exam annually (for skin cancer) as part of the physical exam.
- ✓ Bone density test as recommended by your GP.
- ✓ Eye test annually.
- ✓ Hearing screen every 2 years.
- ✓ Flu vaccination as recommended by your GP.
- ✓ Dental exam and cleaning every year.
- ✓ Immunisation review eg. Tetanus booster every 10 years.