



## Healthy Dad Check-up Checklist

Age: 40-49

- Blood pressure checked every year** (Hypertension)
- Rectal exam every year** (Hemorrhoids, colon/prostate cancer)
- PSA blood test at age 40 every year** (Prostate abnormality or cancer)
- Hemoccult at age 40 every year** (Colon polyps or cancer)
- Chest X-Ray at age 45 every year** (Lung cancer)
- Physical exam with blood tests and urinalysis every 2 years**  
(cholesterol, diabetes, kidney/thyroid dysfunction)
- EKG every 4 years** (Heart abnormalities)
- TB skin test every 5 years** (Tuberculosis)
- Tetanus booster every 10 years** (Lockjaw)
- Testosterone screening** (Erectile Dysfunction, fatigue, depression, low sex drive)
- STD's for sexually active adults who consider themselves at risk**