

# 4 Screenings for **MEN'S HEALTH**

---

Preventive care, including regular doctor visits, is important for everyone. There are certain tests and screenings that are specific to men and their needs. Consider incorporating these four screenings, tests and exams into your life to promote good health and prevent the onset of certain conditions.

1. **Prostate cancer screening**—Men over the age of 50 should have a yearly digital rectal exam and prostate screening test.
2. **Testicular cancer screening**—All teenage and adult males should have a testicular exam every time they visit the doctor for a physical exam.
3. **Colorectal cancer screening**—Men should have a colorectal screening to detect cancerous cells and growths in the inside wall of the colon after the age of 50.
4. **Skin cancer screening**—Older men are twice as likely as women to develop melanoma and men, in general, are two to three times more likely to get non-melanoma basal cell and squamous cell skin cancers than women are. A skin exam by a dermatologist or other health professional should be part of a routine checkup.

Please speak with your doctor about what other health screenings would be beneficial for you and your health.