

Preventative Worksheet for Those 19-49 years-old - Men

		Date	Date	Date	Date
Physical Exam					
Exam	Those 19-21 every 1-3 years; 22-49 every 1-2 years.				
Dental exam	Every 6-12 months				
Vision exams	At least every 10 years between 20-29; every 5 years between 30-39; every 2-4 years between 40-49				
Skin exam	Total skin exam every 3 years until age 39 and then every year				
Screenings					
Height, weight, BMI	Annually				
Blood pressure	Annually				
Depression screen	Annually				
Tuberculin skin test	High risk				
Cholesterol test	Every 5 years starting at age 20-35				
Diabetes screen	Every 1-3 years after 45				
Thyroid disease	At age 35 and then every 5 years				
Sexually transmitted disease screen	Screen high risk patients for gonorrhea, syphilis, chlamydia, HIV				
Testicular exam	Screening for men up to age 40				
Immunizations					
Tetanus, diphtheria, pertussis (Tdap); Tetanus/diphtheria (Td)	Every 10 years; Tdap if never received before as a substitute for one dose of Td				
Hepatitis A	High risk				
Hepatitis B	High risk				
Influenza	High risk				
Meningococcal	One dose between 19-24 if not already vaccinated				
MMR	One or two doses are given for selected individuals				
Pneumococcal	High risk				
Varicella (chicken pox)	If not previous given and no immunity				
Medications					
Aspirin	Daily aspirin may be indicated between 45-79				
BMI – Body Mass Index, DtaP (Diphtheria, tetanus and pertussis), Td – Tetnus Diphtheria, I MMR – Measles, mumps and rubella; varicella – chickenpox; HPV – Human papillomavirus	BMI – body mass index				