

WELL-MAN HEALTH MAINTENANCE SCHEDULE

Routine checkups can find treatable problems early. For many medical problems, early treatment can help prevent more serious problems. The value of checkups and how often you have them depends mainly on your age and gender. Your personal and family medical histories are also important. See the Adult Male Health Screening schedule in the table below.

These are general guidelines and do not take into account the needs of individuals with specific conditions.

Heart Disease Screening Considerations

Heart disease screening begins with blood pressure (at least every two years) and total blood cholesterol (men age 45-65 every 5 years) monitoring. Further assessment involves specific physical exam, laboratory testing and imaging as required or indicated, based on personal and family history.

Factors for increased risk of heart disease include elevated blood cholesterol, hypertension, cigarette smoking, sedentary lifestyle, obesity, high blood homocysteine levels, chronic inflammation, high dietary saturated fat/refined carbohydrates/sodium/trans fatty acids and low dietary intake of fruits and vegetables/fish oils/Beta-carotene/Vit A/Vit C/Vit E/folate/Vit B6.

Lung Cancer Screening Considerations

Lung cancer screening is primarily based upon subjective history, physical examination and chest x-ray if necessary.

Factors for increased risk of lung cancer include present/past medical history of smoking or exposure to second-hand smoke (75%). Other factors include exposure to asbestos, Arsenic, Beryllium, Chromium, coal products, ionizing radiation, Iron oxide, Nickel, petroleum, Uranium and various other chemicals. Cancer develops most often in scarred or chronically diseased lungs (past history of repeated episodes of bronchitis, pneumonia, etc.). Signs and symptoms include cough, difficulty breathing, pus or blood-streaked sputum and chest pain.

Colorectal Cancer Screening Considerations

Colorectal screening for men age is accomplished through digital rectal exam. Yearly fecal occult blood test is done for men age 50 and older, with or without colonoscopy that is first done at age 50 and every 3-5 years thereafter. Fecal occult blood and colonoscopy is started earlier and repeated more frequently with increased risk of personal or family history of colorectal cancer.

Factors associated with increased risk of colorectal cancer include familial polypoidosis, low dietary intake of fiber and calcium and high dietary intake of fat. Other indicators for early colonoscopy include fecal blood or dark stool, change in bowel habits, change in bowel movement shape (flattening, etc.)

Prostate Cancer Screening Considerations

Prostate screening for men is accomplished through digital rectal exam that includes the prostate, blood PSA levels and transrectal ultrasound. A biopsy of prostate tissue is taken if necessary.

Factors associated with increased clinical incidence of prostate cancer include age (incidence continues to increase as age increases) and environmental/dietary influences (high incidence in North America and Europe, intermediate incidence in South America, low incidence in Asia). There is also an increased risk in blacks and

individuals with a positive family history of prostate cancer. The data is inconclusive regarding increased risk in men who have undergone vasectomy.

Cause is believed to be hormone-related. Patients may be asymptomatic or experience associated signs and symptoms such as bladder blockage, infection or the presence of blood in the urine. Blood PSA levels <4.0 ng/ml are considered normal. Increased levels or an annual change of >0.75 ng/ml may be clinically significant.

Adult Male Health Screening Schedule is listed below in the table.

	Men 18 to 39	Men 40 to 65	Men over 65
<i>Every year</i>		Age 50+: Digital rectal exam (includes prostate exam) and stool occult blood	Digital rectal exam (includes prostate exam) and stool occult blood
<i>Every 1-2 yrs</i>	Blood pressure	Blood pressure, Height and weight measurement, Physical exam to screen for cancers of skin, thyroid, lymph nodes Age 40-50: digital rectal exam (includes prostate exam) Age 50+: Labs may include a PSA blood test for prostate cancer	Blood pressure, Height and weight measurement, Physical exam to screen for cancers of the skin, thyroid, lymph nodes, Labs may include a PSA blood test for prostate cancer
<i>Every 2-3 yrs</i>	Dental exam, Height and weight measurement, Physical exam to screen for cancers of the thyroid, lymph nodes, skin, and testicles	Dental exam Vision and glaucoma (age 50+)	Dental exam Vision and glaucoma Hearing
<i>Every 3-5 yrs</i>	Vision	Vision (age 40-50) Age 45-65: Blood sugar and Cholesterol Colonoscopy to screen for colon cancer (age 50+)	Blood sugar Colonoscopy to screen for colon cancer

Resources

www.nci.nih.gov (National Cancer Institute)

DiGuseppi, C. et al. ed. *Guide to Clinical Preventative Services, 2nd ed: Report of the U.S. Preventative Services Task Force*. 1998. Int'l Medical Publishing, Inc. Alexandria, VA.

Mosby's Medical Encyclopedia CD-Rom Version 2.0. 1997. The Learning Company, Inc.

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