








MEN'S HEALTH

Annual Checkup and Screening Checklist for Men 50 and Older

-  **Physical Exam.** Review overall health through physical exam and discuss health related topics.
-  **Blood Pressure.** High blood pressure (hypertension) has no symptoms but can cause permanent damage to body organs.
-  **Blood Test & Urinalysis.** Screens for illnesses and diseases before symptoms occur (such as cholesterol, diabetes, kidney or thyroid dysfunction.)
-  **EKG.** Electrocardiogram screens for heart abnormalities
-  **PSA Blood Test.** PSA Blood Test. Prostrate Specific Antigen is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer.
-  **Rectal Exam.** Screens for hemorrhoids, lower rectal problems, colon and prostate cancer.
-  **Hemoccult.** Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.