

# Health Screening Guidelines, Men Ages 50 to 64



Screening tests and health counseling are a key part of managing your health. A screening test is done to find disorders or diseases in people who don't have any symptoms. Screening tests are not used to diagnose. They are used to find out if more testing is needed. The goal may be to find a disease early so it can be treated with more success. Or the goal may be to find a disease early so you can make lifestyle changes. You may need regular checkups to help you reduce your risk of disease.

Below are guidelines for men ages 50 to 64. Talk with your healthcare provider. Make sure you're up-to-date on what you need.

Screening	Who needs it	How often
Unhealthy alcohol use	All men in this age group	At routine exams
Blood pressure	All men in this age group	Once a year if your blood pressure is normal. Normal blood pressure is less than 120/80 mm Hg. If your blood pressure is higher than this, follow the advice of your healthcare provider. Talk with your healthcare provider about which test below is right for you: <ul style="list-style-type: none"> <li>• Colonoscopy every 10 years</li> <li>• Flexible sigmoidoscopy every 5 years or every 10 years with yearly fecal immunochemical test (FIT) stool test</li> <li>• CT colonography (virtual colonoscopy) every 5 years</li> </ul>
Colorectal cancer	All men in this age group	<ul style="list-style-type: none"> <li>• Yearly fecal occult blood test</li> <li>• Yearly FIT</li> <li>• Stool FIT-DNA test (also called the stool DNA test) every 3 years</li> </ul> <p>If you have a test that is not a colonoscopy and have an abnormal test result, you will need a colonoscopy.</p> <p>You may need to be screened more or less often. This is based on personal or family health history. Talk with your healthcare provider.</p>
Depression	All men in this age group	At routine exams
Type 2 diabetes or prediabetes	All men in this age group with no symptoms who are overweight or obese.	At least every 3 years (yearly if your blood sugar has already begun to rise)
Type 2 diabetes	All men with prediabetes	Every year
Hepatitis C	All adults age 18 or older at least once in a lifetime.	Talk with your healthcare provider about your risk factors and how often to have hepatitis C screening.
High cholesterol or triglycerides	All men in this age group	About every 1 to 2 years. Expert groups vary in their advice. Talk with your healthcare provider about your risk factors and how often you should be tested.
HIV	All men in this age group	At least 1 time. Talk with your healthcare provider about your risk factors. Ask if you should be tested more often.

All men in this age group who are in fairly good health and are at higher risk for lung cancer, and who:

Lung cancer	<ul style="list-style-type: none"> <li>• Smoke or quit in the past 15 years</li> <li>• Have a 20-pack per year smoking history (1 pack a day for 20 years or 2 packs a day for 10 years)</li> </ul>	Yearly lung cancer screening with a low-dose CT scan. Talk with your healthcare provider about your risk factors.
	Expert groups vary in their advice. Talk with your healthcare provider.	
Obesity	All men in this age group	At yearly routine exams
BMI (body mass index)	All men in this age group	Every year, to help find out if you are at a healthy weight for your height.
Prostate cancer	All men in this age group, talk with your healthcare provider about risks and benefits of a digital rectal exam and prostate-specific antigen screening	At routine exams if you decide to be tested.
Syphilis	Men at higher risk for infection	At routine exams. Talk with your healthcare provider.
Tuberculosis	Men at higher risk for infection	Talk with your healthcare provider
Vision	All men in this age group	Baseline screening at age 40. Talk with your healthcare provider about how often to have vision exams.
Health counseling	Who needs it	How often
Diet and exercise	Men who are overweight or obese	When diagnosed, and then at routine exams
Sexually transmitted infection prevention	Men at higher risk for infection	At routine exams, talk with your healthcare provider
Use of tobacco and the health effects it can cause	All men in this age group	Every exam

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