



CHECK INDICATES FAMILY HISTORY

Age 50s

In the 50s, prostate cancer, erectile dysfunction and depression become more prevalent. Discuss these with your physician.

WHAT YOU NEED

- Routine Physical (Every 5 Years)
- Annual Flu Shot
- Cholesterol (Every 2-5 Years)
- Tetanus Booster (Every 10 Years)
- Hearing (Every 10 Years)
- Testicular Self-Exam (Monthly)
- Skin Self-Exam (Monthly; by a Doctor Every 3 Years)
- 1/4 Aspirin a Day to Prevent Stroke & Heart Attack (ask your DR.)



Other Tests/Results

Medications/Dosages:

Note: Testing may need to be more frequent if abnormalities are found.

<input type="checkbox"/> Annual Blood Pressure Check	51	52	53	54	55	56	57	58	59
<input type="checkbox"/> Diabetes Screening (Every 3 Years)									
<input type="checkbox"/> Digital Rectal Exam (Annually)									
<input type="checkbox"/> PSA (Annually)									
<input type="checkbox"/> Colonoscopy (Every 5-10 Years)									
Eye Test Every (2-4 Years)									

CHECK INDICATES FAMILY HISTORY

Age 60s +

The 60s is about enjoying the fruits of your labor. Get annual checkups and keep eating right and exercising.

WHAT YOU NEED

- Routine Physical (Annually)
- Annual Flu Shot
- Annual Pneumonia Shot (At least once after 65, then every 5 years)
- Tetanus Booster (Every 10 Years)
- Cholesterol (60s: Every 2-5 Years, 70s: Every 1-2 Years)
- Hearing (Every 10 Years)
- Testicular Self-Exam (Monthly)
- Skin Self-Exam (Monthly; by a Doctor Every Year)
- 1/4 Aspirin a Day to Prevent Stroke & Heart Attack (ask your DR.)



Other Tests/Results

Medications/Dosages:

<input type="checkbox"/> Annual Blood Pressure Check	61	62	63	64	65	66	67	68	69
<input type="checkbox"/> Diabetes Screening (Every 3 Years)	71	72	73	74	75	76	77	78	79
<input type="checkbox"/> Digital Rectal Exam (Annually)									
<input type="checkbox"/> PSA (Annually)									
<input type="checkbox"/> Colonoscopy or Blood & Stool Test (Every 5-10 Years)									
Eye Test (Every 2-4 Years)									

Note: Testing may need to be more frequent if abnormalities are found.

Prior to scheduling an appointment, check with your insurance company to verify coverage

