

SELF-CARE

PREVENTATIVE SCREENING FOR MEN

Screening Tests	Ages 18 – 39	Ages 40 – 49	Ages 50 – 64	Ages 65 and older
Blood Pressure Test	Get tested at all appropriate primary care visits. ³	Get tested at all appropriate primary care visits. ³	Get tested at all appropriate primary care visits. ³	Get tested at all appropriate primary care visits. ³
Bone Mineral Density Test for osteoporosis		Discuss with your doctor or nurse if you are at risk (have low bone mass or bone loss).	Discuss with your doctor or nurse if you are at risk (risk factors for fracture).	Get tested at least once at age 65 or older. Talk to your doctor or nurse about repeat testing.
Lipids Test for dyslipidemia (Anderson et al., 2013)		Starting at 40, get screened for LDL, HDL, TG, non-HDL, glucose, eGFR. ¹	Get screened for LDL, HDL, TG, non-HDL, glucose, eGFR. ¹	Get screened for LDL, HDL, TG, non-HDL, glucose, eGFR. ¹
Colorectal Cancer Screening (test for fecal occult blood or fecal immunochemical)			Starting at age 50, get a stool test at least every 2 years.	Get a stool test at least every 2 years.
Diabetes Screening	Screen every 3 years at ≥ 40 years of age. Earlier and more frequently if high risk according to CANRISK calculator. ²	Screen every 3 years at ≥ 40 years of age. Earlier and more frequently if high risk according to CANRISK calculator. ²	Screen every 3 years at ≥ 40 years of age. Earlier and more frequently if high risk according to CANRISK calculator. ²	Screen every 3 years at ≥ 40 years of age. Earlier and more frequently if high risk according to CANRISK calculator. ²
HIV Test	Get tested if you are at increased risk. Discuss your risk with your doctor or nurse.	Get tested if you are at increased risk. Discuss your risk with your doctor or nurse.	Get tested if you are at increased risk. Discuss your risk with your doctor or nurse.	Get tested if you are at increased risk. Discuss your risk with your doctor or nurse.
Syphilis Screening	Get tested if you are at increased risk.	Get tested if you are at increased risk.	Get tested if you are at increased risk.	Get tested if you are at increased risk.

¹ CVD, cardiovascular disease; eGFR estimated glomerular filtration rate; HDL, high density lipoprotein, LDL, low density lipoprotein; TG, triglyceride.

² CANRISK calculator: <http://guidelines.diabetes.ca/screeninganddiagnosis/screening>

³ Appropriate: new patient visits, periodic health exams, urgent office visits, medication renewal visits, where the primary care practitioner deems it appropriate to monitor blood pressure.

Sources: <http://www.cancer.ca/>, <http://canadiantaskforce.ca/>, <http://guidelines.diabetes.ca/>

Anderson et al. (2013). 2012 Update for the Canadian cardiovascular society guidelines for the diagnosis and treatment of dyslipidemia for the prevention of cardiovascular disease in the adult. *Canadian Journal of Cardiology*, 29, 151-167.