

We **MUSTACHE** you a question...

Men, are you due for your annual wellness exam?

An annual visit with your primary care provider is key for good health. Your doctor can help determine what screenings and vaccinations you should have based on your age, lifestyle, and overall health. To schedule, visit your MyChart account or call your doctor's office directly. Need a doctor? Visit valleymed.org/drfinder.

See reverse for specific screening guidelines.

UW Medicine

VALLEY
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SCREENING

<input type="checkbox"/>	Obesity
<input type="checkbox"/>	Abdominal Aortic Aneurysm (AAA)
<input type="checkbox"/>	Prostate cancer
<input type="checkbox"/>	Colorectal cancer
<input type="checkbox"/>	Cholesterol and lipid screening
<input type="checkbox"/>	Asthma or lung disease
<input type="checkbox"/>	Diabetes
<input type="checkbox"/>	Hypertension
<input type="checkbox"/>	Sexually transmitted diseases
<input type="checkbox"/>	HIV
<input type="checkbox"/>	Tuberculosis (TB)
<input type="checkbox"/>	Depression
<input type="checkbox"/>	Sleep disorders
<input type="checkbox"/>	Hepatitis B
<input type="checkbox"/>	Hepatitis C
<input type="checkbox"/>	Vision
<input type="checkbox"/>	Hearing

VACCINATIONS

<input type="checkbox"/>	Tetanus, diphtheria (Tdap)
<input type="checkbox"/>	Measles, mumps, rubella (MMR)
<input type="checkbox"/>	Varicella
<input type="checkbox"/>	Hepatitis A
<input type="checkbox"/>	Hepatitis B
<input type="checkbox"/>	Flu shot
<input type="checkbox"/>	Pneumococcal (Pneumococcal conjugate, PCV-13 + Pneumococcal PPSV)
<input type="checkbox"/>	Meningococcal

Screening Guidelines for Men

		18–39 Years	40–49 Years	50–64 Years	65+ Years	
SCREENING	<input type="checkbox"/> Obesity	Have your body mass index (BMI) calculated annually				
	<input type="checkbox"/> Abdominal Aortic Aneurysm (AAA)				Once between the age of 65 & 75 if you've ever smoked	
	<input type="checkbox"/> Prostate cancer				Consult your doctor about an annual PSA or digital rectal examination	
	<input type="checkbox"/> Colorectal cancer				Frequency varies from annually, to every 3 – 5 years, to every 10 years, depending upon the type of test	
	<input type="checkbox"/> Cholesterol and lipid screening	Every 5 years for men aged 35+, or men aged 20+ if they have risk factors for heart disease, including diabetes, tobacco use, high blood pressure or a family history of heart disease				
	<input type="checkbox"/> Asthma or lung disease	If you experience chronic wheezing, coughing, shortness of breath or tightness in the chest, ask your doctor to be screened				
	<input type="checkbox"/> Diabetes	Screening is recommended in men with high blood pressure, high cholesterol, or common symptoms of diabetes: frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability, or blurry vision				
	<input type="checkbox"/> Hypertension	Every 1 – 2 years, if you do not have high blood pressure				
	<input type="checkbox"/> Sexually transmitted diseases	Ask your doctor if you should be checked.				
	<input type="checkbox"/> HIV	Screen those between 15 – 65 years				
	<input type="checkbox"/> Tuberculosis (TB)	You should be tested if you may have been exposed to TB, have kidney failure, diabetes, HIV or alcoholism, or if you inject or have injected street drugs				
	<input type="checkbox"/> Depression	Your emotional health is as important as your physical health. Talk to your doctor if you've felt "down" or have felt little interest or pleasure in doing things				
	<input type="checkbox"/> Sleep disorders	If you have a hard time falling asleep or staying awake, snore or wake up choking or gasping for breath, consult your doctor to inquire about screening				
	<input type="checkbox"/> Hepatitis B	Recommended for men at high risk				
	<input type="checkbox"/> Hepatitis C	Recommended for men born between 1945 – 1965				
	<input type="checkbox"/> Vision	Periodic screening to check for glaucoma and assess the need for corrective lenses			Regular screening	
	<input type="checkbox"/> Hearing	Consult your doctor if you strain to hear a normal conversation, the TV or radio				

		18–49 Years	50–64 Years	65+ Years	
VACCINATIONS	<input type="checkbox"/> Tetanus, diphtheria (Tdap)	Booster every 10 years			
	<input type="checkbox"/> Measles, mumps, rubella (MMR)	1 or 2 doses	May be recommended for certain high-risk populations		
	<input type="checkbox"/> Varicella	2 doses (0, 4 – 8 weeks)	May be recommended for certain high-risk populations		
	<input type="checkbox"/> Hepatitis A	Recommended for certain high-risk populations. Consult your doctor.			
	<input type="checkbox"/> Hepatitis B	Recommended for all young adults not previously immunized, as well as for certain high-risk populations			
	<input type="checkbox"/> Flu shot	Annually			
	<input type="checkbox"/> Pneumococcal (Pneumococcal conjugate, PCV-13 + Pneumococcal PPSV)	Recommended for individuals with chronic heart or lung disease, diabetes mellitus, splenectomy, or anatomic asplenia (sickle cell disease)		1 dose	
	<input type="checkbox"/> Meningococcal	Recommended for certain certain high-risk populations			