



4 Screenings for Men's Health

Preventive care, including regular doctor visits, is important for everyone. However, certain tests and screenings are specific to men and their needs. Consider incorporating these four screenings, tests and exams into your life to promote good health and prevent the onset of certain conditions:

1

Prostate Cancer Screening

Men over the age of 50 should have a yearly prostate screening. Some men between the ages of 40 and 54 in higher risk categories may be recommended by their health care provider to begin this annual screening early.

2

Testicular Cancer Screening

All teenage and adult males should have a testicular exam when they routinely visit their doctor for a physical exam.

3

Colorectal Cancer Screening

Men should have a colorectal screening to detect cancerous cells and growths in the inside wall of the colon after the age of 45. Some men under age 45 who are in higher risk categories may be recommended by their health care provider to begin this screening early.

4

Skin Cancer Screening

Older men are twice as likely as women to develop melanoma. In addition, men, in general, are two to three times more likely to get nonmelanoma basal cell and squamous cell skin cancers than women. A skin exam by a dermatologist or other health professional should be part of a routine checkup.

Please speak with your doctor about other health screenings that would be beneficial for you and your health.



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