

Name: **Sample Man**

Male, 51.5 years

Test Date: 03/21/1993

The Heart Place

## Preventive Exams and Self Care

Think prevention! The following table summarizes the recommended preventive exams for men your age. Early detection of many cancers greatly improves curability. Talk to your physician about these tests and others he/she recommends.

Examination	Recommendation
Aspirin	Care should be exercised before beginning a lifelong program of aspirin therapy. The decision to begin taking aspirin should be made only after consultation by each individual with his or her physician. The individual who begins a regular aspirin regimen should be aware of the side effects of the drug and should report symptoms to his or her physician. All risk factors for coronary heart disease and stroke should be determined and a concerted program to reduce those risk factors begun.
Blood Pressure	During physical exam, with a minimum frequency of every 2 years. Patients with diastolic blood pressures of 85 to 89 mm Hg should have their blood pressure rechecked within 1 year.
Cholesterol	Every 5 years.
Dental Exam	Regular checkups with Periodontal Screening & Recording.
Digital Rectal	Part of periodic health examination of individuals 40 years of age and older.
Fecal Occult	Annual fecal occult blood testing should be done for all asymptomatic individuals without known risk factors beginning at 50 years of age.
Oral Cavity	Part of routine preventive care for adults at high risk due to exposure to tobacco or excessive amounts of alcohol.
Plasma Glucose	Periodically measured in patients who are at high risk due to marked obesity, a family history of diabetes mellitus, or a personal history of gestational diabetes mellitus.
Prostate - PSA	Annually for all men aged 50 years and older.
Sigmoidoscopy	Every 3 to 5 years beginning at 50 years of age.
Skin Exam	Skin examination should be performed for individuals with a family or personal history of skin cancer, increased occupational or recreational exposure to sunlight, or clinical evidence of precursor lesions (e.g., dysplastic nevi and certain congenital nevi).
Tetanus-Diphtheria	Adults should receive a tetanus-diphtheria (Td) booster vaccination every 10

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Thyroid	Palpation for thyroid nodules should be performed in adults with a history of upper body irradiation.
Tuberculosis	Tuberculin skin testing should be performed on all individuals at high risk.
Urinalysis	Dipstick urinalysis for asymptomatic bacteriuria is recommended for patients with diabetes mellitus.