

# The Ultimate Guy's Checkup Checklist



The Ultimate Guy's Checkup Checklist provides a high-level snapshot of recommended preventive services for male patients, ages 18 to 80.<sup>1,2</sup>

RECOMMENDED PREVENTION ACTIVITY	AGE RANGE						
	18	30	40	50	60	70	80
<b>Immunizations<sup>3</sup></b> (every 10 years unless noted otherwise)							
Influenza (annually)	●	●	●	●	●	●	●
Tetanus, Diphtheria, Pertussis (TDP)	●	●	●	●	●	●	●
Varicella Disease (Chickenpox)	●	●	●	●	●	●	●
Human papillomavirus (HPV)	●						
Measles, Mumps, and Rubella (MMR)	●	●	●	●	●	●	●
Herpes Zoster (Shingles)					●	●	●
<b>Abdominal Aortic Aneurysm: Screening</b>						●	●
<b>Alcohol Misuse: Screening and Counseling Screen</b>	●	●	●	●	●	●	●
<b>Aspirin for the Prevention of Cardiovascular Disease: Preventive Medication</b>				●	●	●	●
<b>Blood Pressure in Adults (Hypertension): Screening</b>	●	●	●	●	●	●	●
<b>Cholesterol Abnormalities in Adults (Dyslipidemia, Lipid Disorders): Screening</b>	●	●	●	●	●	●	●
<b>Colorectal Cancer: Screening</b>				●	●	●	●
<b>Depression in Adults: Screening</b>	●	●	●	●	●	●	●
<b>Diabetes Mellitus: Screening</b>	●	●	●	●	●	●	●
<b>Falls Prevention in Older Adults: Counseling and Preventive Medication</b>						●	●
<b>Hepatitis C Virus Infection: Screening</b>				●	●	●	●
<b>Human Immunodeficiency Virus (HIV) Infection: Screening</b>	●	●	●	●	●	●	●
<b>Lung cancer screening</b>					●	●	●
<b>Nutrition (Diet for High-Risk Adults): Counseling</b>	●	●	●	●	●	●	●
<b>Obesity in Adults: Screening and Counseling</b>	●	●	●	●	●	●	●
<b>Prostate Cancer: Counseling<sup>4</sup></b>			●	●	●	●	●
<b>Sexually Transmitted Infections: Counseling</b>	●	●	●	●	●	●	●
<b>Skin Cancer: Counseling</b>	●						
<b>Syphilis: Screening</b>	●	●	●	●	●	●	●
<b>Tobacco Use: Counseling and Interventions</b>	●	●	●	●	●	●	●

1. CDC Prevention Checklist: <http://www.cdc.gov/prevention>

2. These recommendations come from the U.S. Preventive Services Task Force (USPSTF), the Advisory Committee on Immunization Practices (ACIP), the Bright Futures (BF) Guidelines, and the Institute of Medicine (IOM).

3. These vaccines are for all ages and should only be administered by a healthcare provider if risk factors are presented in the patient: Pneumococcal Polysaccharide Vaccine; Pneumococcal Conjugate Vaccine; Meningococcal; Hepatitis A; Hepatitis B.

4. Although screening for prostate cancer with prostate specific antigen (PSA) can reduce mortality from prostate cancer, the absolute risk reduction is very small. Given limitations in the design and reporting of the randomized trials, there remain important concerns about whether the benefits of screening outweigh the potential harms to quality of life, including the substantial risks for over diagnosis and treatment complications. Men who are willing to accept a substantial risk of morbidity associated with treatment in return for a small reduction in mortality might reasonably choose to be screened. Men who are at increased risk of prostate cancer because of race or family history may be more likely to benefit from screening. Based on this information, it is very important to discuss with your physician the risks and benefits of prostate cancer screening for yourself.

Source: UpToDate.com: Screening for prostate cancer, by Richard M Hoffman, MD, MPH; Topic 7567 Version 61.0; <http://www.uptodate.com/contents/screening-for-prostate-cancer>

# The Ultimate Checkup Checklist



The checklist below provides a high-level snapshot of recommended preventive services for females, ages 18 to 80.<sup>1,2</sup>

RECOMMENDED PREVENTION ACTIVITY	AGE RANGE						
	18	30	40	50	60	70	80
<b>Immunizations<sup>3</sup></b> (every 10 years unless noted otherwise)							
Influenza (annually)	●	●	●	●	●	●	●
Pneumonia					●	●	●
Tetanus, Diphtheria, Pertussis (TDP)	●	●	●	●	●	●	
Human papillomavirus (HPV)	●	●	●	●			
Herpes Zoster (Shingles)				●	●	●	
Measles, Mumps, and Rubella (MMR)		●	●	●	●		
<b>Annual Well-Woman Visit</b>	●	●	●	●	●	●	●
<b>Blood Pressure in Adults (Hypertension): Screening</b>	●	●	●	●	●	●	●
<b>Folic Acid</b>	●	●	●	●	●	●	●
<b>Human Immunodeficiency Virus (HIV) Infection: Screening</b>	●	●	●	●	●	●	●
<b>Chlamydia, Gonorrhea, and Syphilis</b>	●	●	●	●	●	●	●
<b>Alcohol Misuse: Screening and Counseling Screen</b>	●	●	●	●	●	●	●
<b>Birth Control: Counseling*</b>	●	●	●				
<b>Breast or Ovarian Cancer: Screening</b>	●	●	●	●	●	●	●
<b>Cervical Cancer: Screening</b>		●	●	●	●		
<b>Depression in Adults: Screening*</b>	●	●	●	●	●	●	●
<b>Type 2 Diabetes Prevention*</b>	●	●	●	●	●	●	●
<b>Healthy Weight: Counseling</b>	●	●	●	●	●	●	●
<b>Healthy Eating: Counseling*</b>	●	●	●	●	●	●	●
<b>Prenatal Care (if pregnant)</b>	●	●	●				
<b>Relationship Violence: Counseling*</b>	●	●	●	●	●	●	●
<b>Sexually Transmitted Infections: Counseling*</b>	●	●	●	●	●	●	●
<b>Skin Cancer: Counseling*</b>	●						
<b>Tobacco Use: Counseling and Interventions*</b>	●	●	●	●	●	●	●
<b>Cholesterol Abnormalities in Adults (Dyslipidemia, Lipid Disorders): Screening*</b>		●	●	●	●	●	●
<b>Colorectal Cancer: Screening</b>				●	●	●	
<b>Hepatitis C Virus Infection: Screening</b>				●	●	●	
<b>Bone Density</b>				●	●	●	●
<b>Taking Aspirin Every Day/Stroke Prevention</b>					●	●	
<b>Lung Cancer: Screening</b>					●	●	●
<b>Preventing Falls: Counseling</b>						●	●

\*Recommended for some women based on family history and other risk factors.

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3. These vaccines are for all ages and should only be administered by a healthcare provider if risk factors are presented in the patient: Pneumococcal Polysaccharide Vaccine; Pneumococcal Conjugate Vaccine; Meningococcal; Hepatitis A; Hepatitis B.