

A Man's Screening Tests & Dates to Remember

Take this checklist with you to your doctor's office and fill it out when you have had any of the tests listed. Talk to your doctor about when you should have these tests next, and note the month and year in the right-hand column.

Also, talk to your doctor about which of the other tests listed you should have in the future, and when you need them.

	<i>Date of last screening:</i>	<i>I should schedule my next test for:</i>
CHOLESTEROL	____ / ____	____ / ____
BLOOD PRESSURE	____ / ____	____ / ____
COLORECTAL CANCER	____ / ____	____ / ____
PROSTATE CANCER	____ / ____	____ / ____
SEXUALLY TRANSMITTED DISEASES	____ / ____	____ / ____

>> screening tests:

What You Need & When


YANKTON MEDICAL CLINIC®, P.C.
 1104 West 8th Street • Yankton, SD 57078
 605-665-7841 • www.yanktonmedicalclinic.com

Screening tests, such as colorectal cancer tests, can find diseases early when they are easier to treat. Some men need certain screening tests earlier, or more often, than others. Talk to your doctor about which of the tests listed below are right for you, when you should have them, and how often.

- Cholesterol Checks:** Have your cholesterol checked at least every 5 years, starting at age 35. If you smoke, have diabetes, or if heart disease runs in your family, start having your cholesterol checked at age 20.
- Blood Pressure:** Have your blood pressure checked at least every 2 years.
- Colorectal Cancer Tests:** Begin regular screening for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. How often you need to be tested will depend on which test you have.
- Diabetes Tests:** Have a test to screen for diabetes if you have high blood pressure or high cholesterol.
- Depression:** If you've felt "down," sad, or hopeless, or felt little interest or pleasure in doing things for 2 weeks straight, talk to your doctor about whether he or she can screen you for depression.
- Sexually Transmitted Diseases:** Talk to your doctor to see whether you should be screened for sexually transmitted diseases, such as HIV.
- Prostate Cancer Screening:** Talk to your doctor about the possible benefits of prostate cancer screening if you are considering having a prostate-specific antigen (PSA) test or digital rectal examination (DRE).