

# SCHEDULE YOUR ANNUAL SCREENINGS TODAY

Routine disease screenings can help protect you from developing a number of serious diseases or help treat certain health conditions before they advance. The providers at Cabell Huntington Hospital, St. Mary's Medical Center, HIMG, Rivers Health, members of Marshall Health Network, are ready to assist you in scheduling the screenings that you need.

The following are recommended tests for adult men age 40 and older:

## Blood Pressure Screening

Men should have their blood pressure tested every two years. Men with blood pressure exceeding 140/90, diabetes, heart disease, kidney problems or certain other conditions should be checked more often.

## Cholesterol Screening

At the age of 40, men with normal cholesterol levels should be tested every five years. Cholesterol should be tested more often in men with high cholesterol, diabetes, heart disease, kidney problems or other conditions.

## Diabetes Screening

After the age of 45, men should be screened every three years. Men who are overweight or have blood pressure above 140/80 should be tested earlier and/or more frequently.

## Osteoporosis Screening

Men between 50 and 70 with risk factors for osteoporosis should discuss screening with their physician.

## Colorectal Cancer Screening

Men under 45 should be screened if they have a family history of colon cancer or polyps, or other risk factors. Men between 45 and 75 should be screened regularly with one of the following tests:

- Fecal occult blood (stool-based) test every year
- Fecal immunochemical test (FIT) every year
- Stool DNA test every three years
- Flexible sigmoidoscopy every five years
- Double contrast barium enema every five years
- CT colonography (virtual colonoscopy) every five years
- Colonoscopy every 10 years

## Prostate Cancer Screening

At age 50, men should discuss screening with their doctor. African-American men and men with a family history of prostate cancer should begin discussions at age 45. Prostate exams are no longer routinely performed on men without symptoms. However, for those who choose to be tested, the PSA blood test is done every year. Beginning at age 40, a yearly digital rectal exam is recommended.

To schedule these important screenings, talk with your primary care provider. If you do not have one, providers across Marshall Health Network are accepting new patients. Visit [marshallhealthnetwork.org/healthylife](http://marshallhealthnetwork.org/healthylife) to find a physician near you.



Cabell Huntington Hospital  
St. Mary's Medical Center  
Rivers Health  
Hoops Family Children's Hospital

