



Men's Health Screening Test Checklist

Take this checklist with you to your doctor's office. Write down when you have any of the tests below. Talk to your doctor about your test results and write them down here. Ask when you should have the test next and record the date. If you think of questions for the doctor, write them down and bring them to your next visit.

Test	Last Test Month/Year	Results	Next Test Due Month/Year	Questions for the Doctor
Weight (BMI)				
Cholesterol Total:				
HDL (good):				
LDL (bad):				
Blood pressure				
Colorectal cancer Hemoccult Flexible Sigmoidoscopy Colonoscopy				
Diabetes				
Eye exam				
Skin screening				
Oral screening				
Hearing test				
Sexually transmitted diseases (Syphilis, Chlamydia, Gonorrhea and other STDs)				
HIV infection				
Abdominal aortic aneurysm (one-time test)				
Rectal exam (hemorrhoids, lower rectal problems and prostate cancer)				

Test	Last Test Month/Year	Results	Next Test Due Month/Year	Questions for the Doctor
PSA blood test				
Chest X-ray				
EKG				
Kidney or Thyroid dysfunction				
Mental health screening				
Tetanus booster				
Breast screening				
TB skin test				
Bone health				
Testosterone screening				

