

Prevention Guidelines, Men Ages 40 to 49

Screening tests and vaccines are an important part of managing your health. A screening test is done to find possible disorders or diseases in people who don't have any symptoms. The goal is to find a disease early so lifestyle changes can be made and you can be watched more closely to reduce the risk of disease, or to detect it early enough to treat it most effectively. Screening tests are not considered diagnostic, but are used to determine if more testing is needed. Health counseling is essential, too. Below are guidelines for these, for men ages 40 to 49. Talk with your healthcare provider to make sure you're up to date on what you need.

Screening	Who needs it	How often
Alcohol misuse	All men in this age group	At routine exams
Blood pressure	All men in this age group	Yearly checkup if your blood pressure reading is normal Normal blood pressure is less than 120/80 mm Hg If your blood pressure is higher than normal, follow the advice of your healthcare provider
Depression	All men in this age group	At routine exams
Type 2 diabetes or prediabetes	All men beginning at age 45 and men without symptoms at any age who are overweight or obese and have 1 or more other risk factors for diabetes	At least every 3 years (yearly if blood sugar has begun to rise)
Type 2 diabetes	All men with prediabetes	Every year
Hepatitis C	Men at increased risk for infection – talk with your healthcare provider	At routine exams
High cholesterol or triglycerides	All men ages 35 and older, and younger men at high risk for coronary artery disease	At least every 5 years
HIV	All men	At routine exams

Obesity	All men in this age group	At routine exams
Prostate cancer	Starting at age 45, talk to healthcare provider about risks and benefits of digital rectal exam (DRE) and prostate-specific antigen (PSA) screening ¹	At routine exams
Syphilis	Men at increased risk for infection – talk with your healthcare provider	At routine exams
Tuberculosis	Men at increased risk for infection – talk with your healthcare provider	Check with your healthcare provider
Vision	All men in this age group	Every 2 to 4 years if no risk factors for eye disease ²
Vaccine	Who needs it	How often
Chickenpox (varicella)	All men in this age group who have no record of this infection or vaccine	2 doses; the second dose should be given at least 4 weeks after the first dose
Hepatitis A	Men at increased risk for infection – talk with your healthcare provider	2 doses given at least 6 months apart
Hepatitis B	Men at increased risk for infection – talk with your healthcare provider	3 doses over 6 months; second dose should be given 1 month after the first dose; the third dose should be given at least 2 months after the second dose and at least 4 months after the first dose
Haemophilus influenzae Type B (HIB)	Men at increased risk for infection – talk with your healthcare provider	1 to 3 doses
Influenza (flu)	All men in this age group	Once a year

Measles, mumps, rubella (MMR)	All men in this age group who have no record of these infections or vaccines	1 or 2 doses
Meningococcal	Men at increased risk for infection – talk with your healthcare provider	1 or more doses
Pneumococcal conjugate vaccine (PCV13) and pneumococcal polysaccharide vaccine (PPSV23)	Men at increased risk for infection – talk with your healthcare provider	PCV13: 1 dose ages 19 to 65 (protects against 13 types of pneumococcal bacteria) PPSV23: 1 to 2 doses through age 64, or 1 dose at 65 or older (protects against 23 types of pneumococcal bacteria)
Tetanus/diphtheria/pertussis (Td/Tdap) booster	All men in this age group	Td every 10 years, or a one-time dose of Tdap instead of a Td booster after age 18, then Td every 10 years
Counseling	Who needs it	How often
Diet and exercise	Men who are overweight or obese	When diagnosed, and then at routine exams
Sexually transmitted infection prevention	Men at increased risk for infection – talk with your healthcare provider	At routine exams
Use of daily aspirin	Men ages 45 to 79 at risk for cardiovascular health problems	At routine exams
Use of tobacco and the health effects it can cause	All men in this age group	Every exam

¹National Comprehensive Cancer Network

²American Academy of Ophthalmology