

Don't Kick The Bucket List

In Your 20s & 30s

VACCINES

HVP Vaccine: Once if you're younger than 26

SCREENINGS

Blood Pressure: Every 3-5 years

Cholesterol: Every 4-6 years

STDs & STIs: At least once a year, if sexually active

Cancer: If there is a family history or you notice something irregular

In Your 40s & 50s

VACCINES

Shingles Vaccine: At age 50

SCREENINGS

Blood Pressure: Once a year

Cholesterol: Every 4-6 years

Type 2 Diabetes: Every three years, if overweight or obese

STDs & STIs: At least once a year

Colorectal Cancer: At age 45, get a colonoscopy every 10 years and a stool test every year

Prostate Cancer: At age 55 if there is a family history or you notice something irregular

Testosterone Level: At age 40

In Your 60s & Beyond

VACCINES

Pneumococcal Vaccine: At age 65

SCREENINGS

Blood Pressure: Once a year

Cholesterol: Every 4-6 years

Type 2 Diabetes: Every three years through age 70, if overweight or obese

STDs & STIs: At least once a year, if sexually active

Colorectal Cancer: Continue screening through age 75

Abdominal Aortic Aneurysm: If you've ever smoked, talk to a doctor from 65 to 75

Bone Density Test: At age 70

At Any Age of Life

WELLNESS CHECKS

Eye Exam: Once a year; more if there is a family history of vision problems or glaucoma

Dental Exams: Cleaning every 6-12 months, exams once a year

Ear Exams: Only if there are issues

Mental and Cognitive Health: If you are feeling less than yourself, seek help from a therapist or counselor

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