

Your health check cheat-sheet *for men*

MONTHLY

Testicle check

From puberty onwards, self-check for any lumps or unusual thickening.

EVERY 3 MONTHS

Skin check

Perform regular self-checks, looking for new or changed spots. Speak to your GP if you notice anything suspicious. The Cancer Council recommends that people at higher risk of skin cancer should discuss a plan of how often they should check their skin with their doctor. They may need a full professional skin examination as often as every six months.

EVERY 6 TO 12 MONTHS

STI screening From when you start being sexually active

Dental check All ages



YEARLY

Vaccination review

At least once a year for men of all ages.

Diabetes screening

If you're considered to be in a high-risk group: over 40 years old, have any close relatives with type 2 diabetes, were born in Asia, aren't physically active or are Aboriginal/Torres Strait Islander.

Blood pressure check

If you're over 40, your blood pressure is on the high side, or you have a personal or family history of high blood pressure, stroke, or heart attack.

Prostate check

Over 50 or if you have close relatives with prostate cancer.

Bone density

Once a year from age 50.

Eye test

If you notice vision problems, already wear glasses, or you're over 60. Speak to your GP if you have a family history of eye problems.

Hearing test

Once a year from age 65.

Family history or increased personal risk factors may change how often/early you may have to do these check-ups. Always consult with a GP if you are uncertain or have been experiencing any symptoms.

EVERY 2 YEARS

Heart health check

At least every two years from age 45, or 30 for Aboriginal or Torres Strait Islander men.

Weight check

BMI and waist measurements if you have a normal weight and waist circumference for your height and age.

Bowel check

Every two years from age of 45. The National Bowel Cancer Screening Program supplies free testing kits to people aged 45 to 74.

Eye test

Every two years if you're under 60 or have never been prescribed glasses.

Blood pressure check

Every two years if it is normal, you are under 40 years old, and have no family history of high blood pressure.

EVERY 3 YEARS

Diabetes check

If you're under 40 and have no high-risk factors for developing type 2 diabetes.

EVERY 5 YEARS

Cholesterol check

From age 45, or 18 for Aboriginal and Torres Strait Islander men.

AS NEEDED

Weight check

If you're at risk of being obese or have a health history of being overweight, as often as recommended by your doctor.

Pre-conception test

If you're thinking about having a family in the next 12 months.

Mental health check

If you're experiencing symptoms such as feeling lonely, irritability and anger, unnecessary risk-taking, alcohol or drug abuse, or have any other mental health concerns, speak to your GP.



Source:

<https://www.betterhealth.vic.gov.au/health/servicesandsupport/regular-health-checks>

<https://www.betterhealth.vic.gov.au/health/healthyliving/health-checks-for-men>

<https://www.cbhs.com.au/mind-and-body/blog/your-guide-to-health-checks-for-men>

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/testicular-self-examination>

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/cholesterol>

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