



# Staying Healthy: Recommendations for MEN

The Veterans Health Administration (VHA) aims to help you stay healthy. The table below lists the **preventive health services** (screening tests, medications, health counseling, and vaccines) that VHA recommends. Screening tests are used to look for health conditions before there are symptoms. These recommendations apply only to adult men of **average risk**. You are a man of average risk if you have **no personal or family history or symptoms** of the conditions listed below. If you are having symptoms of a condition, please talk with your provider.

## Which preventive health services are recommended for average risk men in my age group?

Green: Recommended

Yellow: Recommended for some men – talk with your provider

Red: Not recommended (NR)

### SCREENING TESTS

HEALTH CONDITION	18–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older
<b>Abdominal Aortic Aneurysm (AAA)</b>	Not recommended (age 18–64)					Recommended for some men – talk with your provider (age 65–75)	Not recommended (age 76 and older)
<b>Colon Cancer</b>	Not recommended (age 18–49)			Recommended. Frequency depends on test chosen (age 50–75)		Recommended for some men – talk with your provider (age 76–85)	NR (age 86 and older)
<b>Depression</b>	Recommended every year						
<b>Hepatitis B Infection</b>	Recommended for some men – talk with your provider (age 18 and older)						
<b>Hepatitis C Infection</b>	Recommended for some men – talk with your provider (age 18 and older)						
<b>High Blood Pressure</b>	Recommended every 2 years (age 18 and older)						
<b>High Cholesterol</b>	Recommended for some men – talk with your provider (age 19–34)	Recommended every 5 years (age 35 and older)					
<b>HIV Infection</b>	Recommended once (age 18 and older)						
<b>Overweight &amp; Obesity</b>	Recommended every year (age 18 and older)						
<b>Prostate Cancer</b>	Not recommended (age 18–44)		Talk with your provider (age 45–70)			Not recommended (age 70 and older)	
<b>Sexually Transmitted Infections</b>	Talk with your provider about testing for syphilis and other sexually transmitted infections (age 18 and older)						

## MEDICATIONS

HEALTH CONDITION	18–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older
<b>Aspirin to Prevent Heart Attack</b>	Not recommended (age 18–44)			Recommended for some men – talk with your provider (age 45–79)			NR (age 80 and older)

## HEALTH COUNSELING

HEALTH CONDITION	18–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older
<b>Tobacco Use</b>	Recommended every visit (if using tobacco) (age 18 and older)						
<b>Alcohol Use</b>	Talk with your provider about healthy alcohol use (age 18 and older)						
<b>Healthy Diet and Physical Activity</b>	Talk with your provider about a healthy diet and physical activity (age 18 and older)						

## VACCINES

HEALTH CONDITION	18–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older
<b>Hepatitis A</b>	Recommended for some men – talk with your provider (age 18 and older)						
<b>Hepatitis B</b>	Recommended for some men – talk with your provider (age 18 and older)						
<b>Human Papilloma Virus (HPV)</b> HPV4 vaccine HPV9 vaccine	3 doses (age 18–21)	Talk with your provider (age 21–26)	Not recommended (age 27 and older)				
<b>Influenza (Flu)</b> Injectable, Inhaled	Recommended every year (age 18 and older)						
<b>Measles, Mumps, and Rubella (MMR)</b>	Recommended for some men – talk with your provider (age 18 and older)						
<b>Meningococcal Disease</b>	Recommended for some men – talk with your provider (age 18 and older)						
<b>Pneumococcal Disease</b> PPSV23 vaccine PCV13 vaccine	Recommended for some men – talk with your provider (age 18–64)				Recommended. 1 dose each of 2 vaccines (age 65 and older)		
<b>Tdap (Tetanus, Diphtheria &amp; Pertussis)</b>	Recommended. 1 dose (age 18 and older)						
<b>Td (Tetanus and diphtheria)</b>	Recommended. Booster every 10 years (10 years after last Tdap or Td) (age 18 and older)						
<b>Varicella Zoster (Shingles)</b>	Not recommended (age 18–59)				Recommended. 1 dose (age 60 and older)		