

Take Good Care of Your Health

Medical Tests for Men 20–40

People often use free health screenings to save on medical costs. Other people feel more secure having an annual physical with an extensive (and expensive) range of laboratory tests. While these medical tests may have some usefulness, preventive-care experts do not recommend either of these approaches.

Some routine tests and exams are recommended by physicians' groups and supported by research. Most should be done yearly, but depending on your family and medical history, your doctor may make different suggestions for you.

Important Physical Exams by a Doctor or Nurse Practitioner

- testes
- skin
- eyes and ears
- teeth and gums
- blood pressure

Have your body mass index, height, and weight checked as part of your routine physical.

Important Monthly Self-exams

- testes
- skin

Vital Discussions

- Review all medicines.
- Review immunizations: tetanus and diphtheria, flu, TB, hepatitis A and B, pneumonia, whooping cough. College students may need the meningococcal vaccine.
- Plan to prevent, monitor, and control chronic diseases such as diabetes or high blood pressure. Ask about a referral to a dietitian, health educator, or physical therapist.
- Discuss all test results and the meaning of all “numbers.”
- Discuss responsible sexuality: birth control and disease prevention and screening.

Valuable Medical Tests for Early Detection of Diseases

- fasting blood cholesterol (total, HDL, LDL)
- fasting blood sugar
- STD screening



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