

Take Good Care of Your Health

Medical Tests for Young Men

Young men should begin to learn responsible, healthy behaviors as they mature. Preventive-care experts do not usually recommend an annual physical with an extensive (and expensive) range of laboratory tests. But some routine tests and exams are recommended by physicians' groups and supported by research. Many young men need an annual checkup, 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
- height and weight

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 detect or monitor diseases such as diabetes or high blood pressure. Ask about your family risks.
- 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

These tests should be done at least once during your teen years, and then as advised by your physician:

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



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Distributed by **Dr. Jane Clary**, Extension Professor, Food Science, Nutrition, and Health Promotion.

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