Staying Healthy: Recommendations for MEN

Healthy Living Matters. Prevention Works.

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. Discuss YOUR individual risks with your provider. 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 ROUTINELY recommended (NR)

SCREENING TESTS FOR AVERAGE RISK VETERANS

HEALTH CONDITIONS	18–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older
Abdominal Aortic Aneurysm (AAA)	Not ROUTINELY recommended (age 18–64)				Talk with your provider (age 65–75)	Not ROUTINELY recommended (age 76 and older)	
Colon Cancer	Not ROUTINELY recommended (age 18–44)		Recommended. Frequency varies by test chosen (age 45–75)			Talk with your provider (age 76–85)	NR (age 86 and older)
Depression	Recommended every year						
Hepatitis B Infection	Recommended for some men – talk with your provider (age 18 and older)						
Hepatitis C Infection	Recommended in adults aged 18-79 years						
High Blood Pressure	Recommended every year (age 18 and older)						
HIV Infection	Recommended once (age 18 and older); annually in Veterans with ongoing risk factors						
Lung Cancer	Not ROUTINELY recommended (age 18–49)			Recommended for some men – talk with your provider (age 50–80)			NR (age 81 and older)
Prostate Cancer	Not ROUTINELY recommended (age 18–54)			Talk with your provider (age 55-69)		Not ROUTINELY recommended (age 70 and older)	
Sexually Transmitted Infections	Talk with your provider about testing for syphilis and other sexually transmitted infections (age 18 and older)						

MEDICATIONS

HEALTH CONDITIONS	18–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older
Aspirin to Prevent Cardiovascular Disease	Not ROUTINELY recommended (age 18–39)		Talk with your provider (age 40–59)		Not ROUTINELY recommended (age 60 and older)		
PrEP to Prevent HIV Infection	Talk with your provider (age 19 and older)						
Statin to Prevent Cardiovascular Disease	Not ROUTINELY recommended (age 19–40)		Recommended for some men – talk with your provider (age 40 and older)				

HEALTH COUNSELING

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

VACCINES

HEALTH CONDITIONS	19–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older
COVID-19	Recommended for some men: https://www.cdc.gov/covid/vaccines/stay-up-to-date.html						
Hepatitis A	Recommended for some men – talk with your provider (age 19 and older)						
Hepatitis B	Recommended for all men who have not already had Hepatitis B vaccine (age 19-59)				Recommended for some men - talk with your provider (age 60 and older)		
Herpes Zoster (Shingles) RZV vaccine	Recommended for some men – talk with your provider (age 19-49)			Recommended 2 doses (age 50 and older), with second dose 2–6 months after first dose			
Human Papilloma Virus (HPV) HPV9 vaccine	2–3 doses (age 19–26) if series not completed	Talk with your provider (age 27–45)		Not ROUTINELY recommended (age 46 and older)			
Influenza (Flu) Injectable, Inhaled	Recommended every year (age 19 and older)						
Measles, Mumps, and Rubella (MMR)	Recommended for some men – talk with your provider (age 19 and older)						
Meningococcal Disease	Recommended for some men – talk with your provider (age 19 and older)						
Pneumococcal Disease PCV21 vaccine, PCV20 vaccine, PCV15 vaccine, PPSV23 vaccine	Recommended for some men – talk with your provider (age 19–49)			Recommended – talk with your provider to make sure you are up-to-date (50 and older)			
Respiratory Syncytial Virus (RSV) RSV vaccine	Not ROUTINELY recommended (age 18–49)			"One time" (single lifetime) dose recommended for some men – talk with your provider (age 50–74)		"One time" (single lifetime) dose recommended for men age 75 and older	
Tdap (Tetanus, Diphtheria & Pertussis)	Recommend at least 1 dose (age 19 and older) Booster every 10 years (age 19 and older)(Either Tdap or Td may be used) (Or for wound management if > 5 years have passed since last tetanus toxoid-containing booster vaccine).						
Td (Tetanus and diphtheria)	Recommended. Booster every 10 years (age 19 and older) (Either Tdap or Td may be used) (Or for wound management if > 5 years have passed since last tetanus toxoid-containing booster vaccine).						
Varicella (Chickenpox)	Recommended for some men - talk with your provider (2 doses if born 1980 or later)						

To view a copy on your mobile device, scan the QR code or visit:

https://www.prevention.va.gov/Healthy_Living/Get_Recommended_Screening_Tests_and_Immunizations_for_Men.asp

Talk with your health care team during your next appointment to ensure you are up to date on your preventive care.

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