### 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?

<table>
<thead>
<tr>
<th>Green: Recommended</th>
<th>Yellow: Recommended for some men – talk with your provider</th>
<th>Red: Not recommended (NR)</th>
</tr>
</thead>
</table>

### 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 recommended (age 18–64) | Recommended | Frequency varies, by test chosen (age 45–75) | Talk with your provider (age 50–59) | Not recommended (age 60 and older) |  
**Colon Cancer** | Not recommended (age 18–44) | Recommended | Frequency varies, by test chosen (age 45–75) | Talk with your provider (age 50–59) | Not recommended (age 60 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 recommended (age 18–48) | Recommended for some men – talk with your provider (age 50–60) | Not recommended (age 61 and older) |  |
**Prostate Cancer** | Not recommended (age 18–54) | Talk with your provider (age 55–69) | Not 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 recommended (age 18–39) | Talk with your provider (age 40–59) | Not recommended (age 60 and older) |  |
**PrEP to Prevent HIV Infection** | Talk with your provider (age 19 and older) |
**Statin to Prevent Cardiovascular Disease** | Not 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 year (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 all men – talk with your provider to make sure you stay up-to-date (https://www.va.gov/health-care/covid-19-vaccine/) |
**Hepatitis A** | Not recommended (age 19 and older) |  |
**Hepatitis B** | Recommended for some 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)** | Recommended for some men – talk with your provider (age 19 and older) | Recommended 2 doses (age 50 and older), with second dose 2–6 months after first dose |
**Hepatitis C** |  |
**Herpes Simplex** |  |
**HIV** |  |
**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) |  |
**Human Papilloma Virus (HPV)** | Not recommended (age 19–26) if series not completed | Recommended for some men – talk with your provider (age 19 and older) | Recommended 2 doses (age 50 and older), with second dose 2–6 months after first dose |
**Influenza (Flu)** | 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 19–49) |  |
**Pneumococcal Disease** | Recommended for some men – talk with your provider (age 19–64) | Recommended – talk with your provider to make sure you are up-to-date (age 65 and older) |
**Respiratory Syncytial Virus (RSV)** | Not recommended (age 18–59) | Recommended for some men – talk with your provider (age 60 and older) |
**Tdap (Tetanus, Diphtheria & Pertussis)** | Recommended 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) |

[http://www.prevention.va.gov/Healthy_Living/Get_Recommended_Vaccines_and_Screening_Tests_Men.asp](http://www.prevention.va.gov/Healthy_Living/Get_Recommended_Vaccines_and_Screening_Tests_Men.asp)

Consider sharing this chart with your provider during your next appointment by printing a copy or clicking on the link during your next appointment to ensure you are up to date on all of your preventive care.

December 2023