

## SCREENING AND IMMUNIZATIONS GUIDELINES FOR MEN

Ask your doctor or nurse practitioner if a specific test is right for you based on your personal and family history.

| Result and Date | Test  | When to Start                               | How Often                         |
|-----------------|---|---|-----------------------------------|
|                 | Blood Pressure  | Age 18                                      | Yearly                            |
|                 | Weight (BMI)  |   | Discuss with your doctor or nurse |
|                 | Cholesterol <ul style="list-style-type: none"> <li>• Total</li> <li>• HDL</li> <li>• LDL</li> </ul> | Age 20                                      | Discuss with your doctor or nurse |
|                 | Blood Sugar   |   | Discuss with your doctor or nurse |
|                 | Testicular Exam   | Age 15, self-exam                           | Discuss with your doctor or nurse |
|                 | STD tests, including HIV (if Sexually active)   | Both partners, before each new relationship |                                   |
|                 | Colonoscopy (ask your doctor about other tests)   | Age 50 or earlier with risk factors         | Every 10 years                    |
|                 | Digital Rectal Exam or PSA  |   | Discuss with your doctor or nurse |

| Immunizations | Tetanus Booster | Hepatitis B (series)     | Flu Vaccine | PPD (test for TB)  |
|---------------|-----------------|--------------------------|-------------|--------------------|
|               | Every 10 years  | If not Already immunized | Yearly      | Yearly, if at risk |
| Date Given    |                 |                          |             |                    |
| Next Due      |                 |                          |             |                    |

### 6 Tips for Men's Health

1. **Find a doctor and know your numbers.**
  - For a referral call Baltimore HealthCare Access at (410) 649-0512.
2. **Know your HIV status.**
  - Free testing and treatment daily at: 1515 W. North Ave. (410) 396-0176  
620 N. Caroline St. (410) 396-9410
3. **Exercise and eat healthy.**
  - For activities near you call Recreation and Parks at (410) 396-7900.
4. **Take steps to avoid violence.**
  - Report illegal drug activity to (410) 666-DRUG (3784)
  - Resolve arguments peacefully through Community Mediation (410) 467-9165
  - Prevent domestic violence by calling (410) 889-7884
5. **Avoid Tobacco.**
  - 1-800-QUIT-NOW (1-800-784-8669)
6. **Know how to access treatment for addiction.**
  - For treatment call Baltimore Substance Abuse Systems, Inc. at (410) 637-1900.

**First Annual  
Men's Blue Suit  
Health Awareness Weekend  
September 14-16, 2007**



**Keep a list of your current prescriptions and take it with you when you visit your doctor or nurse.**

| Name of Medicine | Dosage |
|------------------|--------|
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### Men's Health Card



**Baltimore City Health Department**  
www.baltimorehealth.org  
(410) 396-4398



**Sheila Dixon  
Mayor**



**Joshua M. Sharfstein, M.D.  
Commissioner of Health**