

Men's Health Checklist

FOR HEALTHCARE PROVIDERS



This checklist is intended to assist urologists and other health care providers as a resource of urological and non-urological men's health considerations and to better coordinate their care between providers. While references to other AUA policy or guidelines materials are included, this checklist is not meant to take the place of other clinical, peer-reviewed documents. Readers are encouraged to review specific clinical guidelines or other policies, as well as other interpretative materials for a full and accurate statement of their contents.



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Common Symptoms/Complaints

UROLOGY SPECIFIC

	AGE 18-39	AGE 40-49	AGE 50-69	AGE 70+
VOIDING HEALTH	LUTS (IPSS if present)/ stricture disease Hematuria UTI Urolithiasis Genitourinary pain Dysuria/discharge	LUTS (IPSS if present)/ stricture disease Hematuria UTI Urolithiasis Genitourinary pain Dysuria/discharge	LUTS/BPH (IPSS) Hematuria UTI Urolithiasis Genitourinary pain Dysuria/discharge	LUTS/BPH (IPSS) Hematuria UTI Urolithiasis Genitourinary pain Associated bowel dysfunction Dysuria/discharge
REPRODUCTIVE HEALTH	Male infertility Contraception Undescended testes Testis masses Varicoceles and scrotal disorders STDs/HIV	Male infertility Contraception Scrotal disorders STDs/HIV	(Male infertility) Contraception STDs/HIV	STDs/HIV (Contraception)
SEXUAL HEALTH	Symptomatic Androgen Deficiency (avoid testosterone use) ²⁴ Premature and other ejaculation disorders Sexual activity/erectile function ^{14,21,22} Facilitated with the IIEF (or EF portion of the IIEF, or modified IIEF called SHIM)	Symptomatic Androgen Deficiency ²³ Sexual activity/erectile function ^{14, 21, 22} Peyronie's Premature and other ejaculation disorders	Symptomatic Androgen Deficiency ²³ Sexual activity/erectile function ^{14,21,22} Peyronie's	Symptomatic Androgen Deficiency ²³ Sexual activity/erectile function ^{14,21,22} Peyronie's
FOCUSED EXAM	Weight and blood pressure BMI/Waist Circumference (WC) Full genitourinary exam	Weight and blood pressure BMI/WC Full genitourinary exam DRE (depending on FH and race)	Weight and blood pressure BMI/WC Full genitourinary exam DRE (age 55-69)	Weight and blood pressure BMI/WC Full genitourinary exam ±DRE (based on health and life expectancy)

Notes:

See www.UrologyHealth.org for additional men's health articles and references.

Care Coordinated with Primary Care Physician or Other Provider

RELATED HEALTH

	AGE 18-39	AGE 40-49	AGE 50-69	AGE 70+
HEALTH MAINTENANCE	<p>Weight/physical activity/nutrition^{1,2,5}</p> <p>Instruction in male hygiene/self-exam</p> <p>OTCs/supplements and stimulants</p> <p>Tobacco/alcohol/substance abuse²</p> <p>Sports and recreational safety/trauma</p> <p>Anabolic steroid abuse</p> <p>Review family history risk factors</p> <p>Mental health (suicide*, depression, PTSD)</p> <p>Testicular self-exam*</p> <p>STD risk/past STD</p> <p>Motor vehicle seat belts</p>	<p>Weight/physical activity/nutrition^{1,2,5}</p> <p>Instruction in male hygiene/self-exam</p> <p>OTCs/supplements and stimulants</p> <p>Tobacco/alcohol/substance abuse²</p> <p>Sports and recreational safety/trauma</p> <p>Review family history risk factors</p> <p>Mental health (suicide, depression, PTSD)</p> <p>CV risk factors</p> <p>Colorectal disease/GERD</p> <p>STD risk/past STD</p> <p>Motor vehicle seat belts</p>	<p>Weight/physical activity/nutrition^{1,2,5}</p> <p>Instruction in male hygiene/self-exam</p> <p>OTCs/supplements and stimulants</p> <p>Tobacco/alcohol/substance abuse²</p> <p>Sports and recreational safety/trauma</p> <p>Review family history risk factors</p> <p>Mental health (suicide, depression, PTSD)</p> <p>CV risk factors</p> <p>Colorectal disease/GERD</p> <p>STD preventative measures</p> <p>Urologic cancer awareness</p> <p>Motor vehicle seat belts</p>	<p>Weight/physical activity/nutrition^{1,2,5}</p> <p>Polypharmacy</p> <p>Bone health^{10,11}</p> <p>Mobility</p> <p>Tobacco/alcohol/substance abuse²</p> <p>Mental health (suicide, depression, PTSD)</p> <p>CV risk factors</p> <p>Colorectal disease/GERD</p> <p>STD preventative measures</p> <p>Motor vehicle seat belts</p>
HEALTH SCREENING	<p>Hypertension²</p> <p>Lipid profile (age 20-35 if increased CVS risk and all men ≥ 35)^{15,25}</p> <p>Urinalysis*</p> <p>Alcohol misuse</p> <p>Obesity (BMI, WC)^{2,3}</p> <p>Management of cholesterol/lipid profile/endocrine issues if sexual dysfunction or infertility^{2,21,22}</p> <p>Infertility prevention (e.g. cancer patients)</p> <p>Immunization⁹</p> <p>Discussion of Preventative Services for HIV, Hepatitis, STDs, and TB in increased risk behavior/illicit drug users¹³</p> <p>Thyroid screening (from age 35)¹⁷</p>	<p>Lipid profile¹⁵</p> <p>Hypertension^{2,4}</p> <p>Metabolic assessment^{6,16}</p> <p>Alcohol misuse</p> <p>Obesity (BMI, WC, total testosterone)²⁰</p> <p>Urinalysis*</p> <p>Fasting blood sugar⁶</p> <p>Additional blood work depending on complaint</p> <p>Immunizations⁹</p> <p>Discussion of Preventative Services for HIV, Hepatitis, STDs, and TB in increased risk behavior/ illicit drug users¹³</p> <p>Thyroid screening¹⁷</p>	<p>Lipid profile¹⁵</p> <p>Hypertension^{2,4}</p> <p>Metabolic assessment^{6,16}</p> <p>Alcohol misuse</p> <p>Obesity (BMI, WC, total testosterone)²⁰</p> <p>Urinalysis*</p> <p>Fecal occult blood</p> <p>Vascular ultrasound to exclude AAA and CXR if history of smoking (from age 65)¹²</p> <p>Diabetes screening (if family history)^{6,7,8}</p> <p>Eye examination (intra-ocular pressure)</p> <p>Immunizations⁹</p> <p>Discussion of Preventative Services for HIV, Hepatitis, STDs, and TB in increased risk behavior/illicit drug users¹³</p> <p>Thyroid screening¹⁷</p>	<p>Lipid profile¹⁵</p> <p>Hypertension^{2,4}</p> <p>Metabolic assessment^{6,16}</p> <p>Alcohol misuse</p> <p>Obesity (BMI, WC)²⁰</p> <p>Urinalysis*</p> <p>Fecal occult blood (until age 75)</p> <p>Vascular ultrasound to exclude AAA and CXR if history of smoking (to age 75)¹²</p> <p>Diabetes screening (if family history)^{6,7,8}</p> <p>Immunizations⁹</p> <p>Eye examination (intra-ocular pressure)</p> <p>Discussion of Preventative Services for HIV, Hepatitis, STDs, and TB in increased risk behavior/drug users¹³</p> <p>Thyroid screening¹⁷</p> <p>Bone Health^{10,11}</p>
CANCER SCREENING	<p>Testicular (self-examination)*</p> <p>Urologic cancer awareness</p> <p>Skin examination*</p>	<p>Testicular (self-examination)*</p> <p>Skin examination*</p> <p>Colorectal cancer screening¹⁸</p> <p>Prostate cancer screening with PSA in men with strong family history and/or AA race**¹⁹</p>	<p>Testicular (self-examination)*</p> <p>Skin examination*</p> <p>Colorectal cancer screening¹⁸</p> <p>Prostate cancer screening from age 55-69 with PSA to be discussed with men and shared decision making-every 2 years**¹⁹</p>	<p>Testicular (self-examination)*</p> <p>Skin examination*</p> <p>Colorectal cancer screening (until age 75 then case by case)¹⁸</p> <p>Do not recommend routine PSA screening, unless in very good health with >10-15 year life expectancy**¹⁹</p>

* Level of evidence insufficient/poor (USPSTF) but may be indicated with symptoms and/or higher risk cases ** No screening if life expectancy <10-15 years

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