

MEN'S HEALTH CHECKLIST

BROUGHT TO YOU BY THE CANADIAN MEN'S HEALTH FOUNDATION

Start prioritizing your health with this simple, medically-reviewed checklist.

Find out what tests you need and stay up to date on exams, screenings and vaccines. Download your checklist and keep track of everything in one place.



IMPORTANT: Learn your family medical history. Certain diseases and health conditions in your family, together with your current health profile, may change how early or often tests, exams, vaccines, and screenings are required.



**DON'T
CHANGE
MUCH**

PHYSICAL HEALTH CHECKLIST

Know when to get tests, vaccines and screenings. Prevention puts you in charge, helping you stay healthy, address issues early or identify problems before they start.

	AGES 20-39	AGES 40-54	AGES 55+	DATE
Abdominal Ultrasound			Once at 65	
Blood Pressure Test	Every 2-5 years	Yearly		
Blood Test & Urine Analysis	Every 3 years	Every 2 years after 50		
Bone Mineral Density Test			Once at 65	
Colorectal Cancer Screen		Every 2 years after 50		
COVID-19 Vaccine	Based on provincial guidelines			
Dental Exam	Every 6 months			
Eye Exam	Every 2-3 years		Yearly after 65	
Flu Shot	Yearly			
Hearing Exam			Every 2 years after 60	
HPV Vaccine	Once			
Lung Cancer Screen		3 times after 50*		
Mumps, Measles, Rubella Vaccine	1-2 doses if born before 1970*			
Periodic Preventative Health Exam	Based on provincial guidelines			
Pneumococcal Vaccine			Once at 65	
Prostate Cancer Screen		Every 1-3 years after 50*		
Self Exams: Skin & Testicle	Monthly			
Shingles Vaccine		2 doses after 50		
STI Test	Annually or before a new partner			
Tetanus and Diphtheria Vaccine	Every 10 years			
Whooping Cough Vaccine	Once			

Medically reviewed by: Dr. Paul Gross, M.D.

*See Page 5 for more information

The Men's Health Checklist is proudly supported by:



MENTAL HEALTH CHECKLIST



Chronic stress and anxiety can impact your mental and physical health, and quality of life. When these warning signs start to pile up or become more intense, consider booking a check-in with a mental health professional.

THOUGHTS:

- ☐ Overly negative thoughts
- ☐ Concentration problems
- ☐ Difficulty focusing
- ☐ Dwelling on the past
- ☐ Excessive worrying

BEHAVIOURS:

- ☐ Avoidance
- ☐ Withdrawing from relationships / work
- ☐ Working too much
- ☐ Using substances to cope
- ☐ Binge drinking
- ☐ Overeating or not eating enough

EMOTIONS:

- ☐ Doubting yourself
- ☐ Anxiety / panic
- ☐ Irritability / anger / frustration
- ☐ Sadness
- ☐ Flat / numb

BODILY REACTIONS:

- ☐ Sleep disruption
- ☐ Changed appetite for food or sex
- ☐ Racing heart rate / chest tightness
- ☐ Muscle tension / headaches
- ☐ Shortness of breath / rapid breathing
- ☐ Fatigue
- ☐ Digestive changes / discomforts

Medically reviewed by: Dr. Melanie Badali, Registered Psychologist



Build your skills to cope with stress and anxiety better. The MindFit Toolkit was developed for men by psychologists and elite athletes. It's packed with helpful tools to support your mental health and it's free.

EXPLORE
THE MINDFIT
TOOLKIT NOW



MEN'S HEALTH CHECK TOOL

Ready to take the next step and learn your risk levels for the top eight men's health conditions? Complete the Men's Health Check questionnaire, developed by medical doctors, for a confidential, free report and learn how to reduce your risks with our online resources. It only takes ten minutes.

- Prostate Cancer
- Depression
- Type 2 Diabetes
- Low Testosterone
- Colon Cancer
- Osteoporosis
- Heart Attack
- Erectile Dysfunction

MENSHEALTHCHECK

**COMPLETE MEN'S
HEALTH CHECK NOW**



SIMPLE MEN'S HEALTH TIPS

Looking for more helpful health information? Don't Change Much has the answers, offering simple, reliable tips for men and their families to live healthier lives.

GET HEALTH TIPS NOW 

CANADIAN MEN'S HEALTH FOUNDATION

We're a national registered charity dedicated to providing information, tools, and motivation for men and their families to live healthier.

VISIT CMHF



DONATE TODAY

Join a community of donors helping dads, brothers and sons make healthy lifestyle changes that benefit all Canadians.

DONATE TODAY



GLOSSARY OF TERMS

ABDOMINAL ULTRASOUND:

A one-time screening for risks of abdominal aortic aneurysm.

BLOOD PRESSURE TEST:

An indicator of your risk of heart disease, heart attack and stroke.

BLOOD TEST & URINE ANALYSIS:

Tests for high cholesterol, diabetes, kidney health and other health conditions.

BONE MINERAL DENSITY TEST:

An x-ray that indicates signs of osteoporosis and bone fracture risk.

COLORECTAL CANCER SCREEN:

A stool test that provides early indicators of polyps or colon cancer.

COVID VACCINE:

A vaccine that provides the best defence against the COVID-19 virus.

DENTAL EXAM:

A check of your teeth and gum health, and for early signs of mouth or throat cancer.

EYE EXAM:

A check for vision changes and other health conditions such as glaucoma.

FLU SHOT:

A vaccine created every year that provides the best defence against the flu.

HEARING EXAM:

A check for different types of hearing loss.

HPV VACCINE:

A shot given once to males between ages 9-26, before becoming sexually active.

LUNG CANCER SCREEN:

A low-dose computed tomography (CT) scan once each year for 3 years for people between 50–74 years of age who are current smokers or former smokers who quit in the last 15 years and have smoked 30 pack-years (1 pack per day for at least 30 years or 2 packs per day for 15 years).

MUMPS, MEASLES, RUBELLA (MMR) VACCINE:

A vaccination for anyone born before 1970, or adults born after 1970 who did not receive the vaccine during childhood. Health care workers, military personnel, and other at-risk people may require a booster depending on their setting.

PERIODIC PREVENTATIVE HEALTH EXAM:

A general check-in with a doctor on your well-being, nutrition, sexual health and more.

PNEUMOVAX VACCINE:

A one-time shot to protect against pneumococcal disease.

PROSTATE CANCER SCREEN:

A prostate-specific antigen (PSA) blood test and digital rectal exam. Risk factors related to family history or ethnicity may prompt early screening in 40s. Frequency depends on baseline value and risks.

SELF EXAMS – SKIN & TESTICLE:

Regular self-exams to check for abnormalities that can indicate cancer.

SEXUALLY TRANSMITTED INFECTION (STI) TEST:

Tests for STIs based on sexual behaviour and risk.

SHINGLES VACCINE:

A two-dose vaccination given two months apart.

TETANUS, DIPHTHERIA AND WHOOPING COUGH VACCINE:

A booster to strengthen the immune system against these diseases.