



JUSTIN HOUMAN, MD, FACS

The Men's Health Checklist By Decade

A decade-by-decade guide for your 20s through your 90s.
What to screen. When to act. What to ask.



SECTION 01

How to Use This Checklist

Men live, on average, several years less than women — and a large share of that gap comes from preventable conditions caught too late. This checklist organizes the screenings, habits, and conversations that matter most at each stage of life. It is a starting point for a discussion with your doctor, not a substitute for one. Find your decade, check off what applies, and bring any gaps to your next appointment.

5+ yrsshorter average
lifespan for men**2x**less likely to see
a doctor than women**80%**of early heart disease
is preventable

SECTION 02

Build These Habits at Every Age

Before the decade-specific screenings, these foundations protect your health at every stage of life. Build them early and keep them going:

- ☐ Establish care with a primary care physician and keep a yearly visit
- ☐ Exercise regularly — weight lifting to build muscle and bone, plus cardio for your heart
- ☐ Eat a well-balanced diet built around whole foods, lean protein, vegetables, and healthy fats
- ☐ Prioritize seven to nine hours of quality sleep each night
- ☐ Manage stress and protect your mental health — reach out for support when you need it
- ☐ Avoid smoking and vaping, and keep alcohol to two drinks per day or fewer
- ☐ Wear sunscreen and check your skin regularly for new or changing moles

SECTION 03

Your 20s — Build the Baseline

Your twenties are about establishing baselines and habits that pay off for decades. Most men are healthy now, which is exactly why it is the best time to start tracking:

- ☐ Stay consistent with the foundations — weight lifting and cardio, a balanced diet, good sleep, and stress control
- ☐ Establish a primary care physician and get baseline bloodwork
- ☐ Check your blood pressure at least every two years
- ☐ Get a baseline cholesterol (lipid) panel
- ☐ Perform a monthly testicular self-exam — testicular cancer peaks at this age
- ☐ Check testosterone if you have symptoms of low T such as fatigue or low libido
- ☐ Get screened for STIs, including HIV, if you are sexually active
- ☐ Stay current on vaccines: HPV, Tdap, meningococcal, and the annual flu shot

SECTION 04

Your 30s — Protect Your Momentum

In your thirties, work and family demands rise while health quietly slips down the priority list. Stay consistent and start watching for early metabolic changes:

- ☐ Stay consistent with the foundations — weight lifting and cardio, a balanced diet, good sleep, and stress control
- ☐ Continue annual checkups and document your family health history
- ☐ Recheck cholesterol every four to six years, sooner if you have risk factors
- ☐ Screen for diabetes if you are overweight or have other risk factors
- ☐ Monitor your blood pressure at every visit
- ☐ Continue monthly testicular self-exams
- ☐ Check testosterone if you have symptoms of low T such as fatigue or low libido
- ☐ Address fertility early — see a specialist if conception is taking time

SECTION 05

Your 40s — Get Ahead of Risk

Your forties are when cardiovascular, metabolic, and hormonal risks start to show. This is the decade to get ahead of them rather than react later:

- ☐ Stay consistent with the foundations — weight lifting and cardio, a balanced diet, good sleep, and stress control
- ☐ Have a formal cardiovascular risk assessment with your doctor
- ☐ Continue cholesterol and blood pressure monitoring
- ☐ Begin diabetes screening by age 45, earlier if you have risk factors
- ☐ Begin colorectal cancer screening at age 45
- ☐ Discuss prostate screening now if you are high risk (family history or African American)
- ☐ Check testosterone if you have symptoms of low T such as fatigue or low libido
- ☐ Get a baseline eye exam and continue regular skin checks

SECTION 06

Your 50s — Step Up Screening

The fifties are the peak decade for cancer and heart-disease screening. Staying on schedule now is what catches problems while they are still highly treatable:

- ☐ Stay consistent with the foundations — weight lifting and cardio, a balanced diet, good sleep, and stress control
- ☐ Have the prostate cancer (PSA) screening discussion with your doctor
- ☐ Stay current on colorectal cancer screening
- ☐ Get a low-dose CT lung screening if you have a significant smoking history
- ☐ Get the shingles vaccine and discuss pneumococcal vaccination
- ☐ Discuss low-dose aspirin and heart health based on your personal risk
- ☐ Schedule regular vision and hearing checks

SECTION 07

Your 60s and Beyond — Stay Strong and Independent

From your sixties onward, the goal shifts toward preserving strength, independence, and quality of life. Screenings continue, with new priorities added:

- ☐ Stay consistent with the foundations — weight lifting and cardio, a balanced diet, good sleep, and stress control
- ☐ Get a one-time abdominal aortic aneurysm ultrasound if you are 65 to 75 and ever smoked
- ☐ Stay current on pneumococcal, shingles, RSV, flu, and COVID vaccines
- ☐ Continue colorectal cancer screening through age 75, then individualize with your doctor
- ☐ Ask about bone density testing if you have osteoporosis risk factors
- ☐ Have cognitive health and fall risk assessed regularly
- ☐ Keep up with vision (glaucoma, cataracts) and hearing exams

SECTION 08

Screening Schedule at a Glance

Decade	Key Screenings	Primary Focus
20s	Blood pressure, baseline cholesterol, testicular self-exam, STIs	Build the baseline
30s	Cholesterol, diabetes if at risk, blood pressure, fertility	Protect momentum
40s	Cardiac risk, colorectal at 45, diabetes, testosterone	Get ahead of risk
50s	PSA discussion, colorectal, lung CT if a smoker, shingles	Step up screening
60s+	AAA ultrasound, vaccines, bone density, cognition, vision	Stay strong & independent

Screening Guidelines Are Personal

These ages are general starting points. Your family history, ethnicity, and personal risk factors can move any screening earlier. Dr. Houman tailors the timing to you rather than applying a one-size-fits-all schedule.

SECTION 09

Questions to Ask Your Doctor

An annual visit is only as useful as the conversation you have. Use these questions to make sure you are getting the preventive care your age and risk profile call for:

Q: Which screenings are due for me at my age?

Ask your doctor to map your screenings to your specific decade and risk factors so nothing important is missed or done unnecessarily.

Q: How does my family history change my schedule?

A family history of heart disease, prostate or colon cancer, or diabetes can move several screenings years earlier. Make sure yours is documented and factored in.

Q: What do my numbers actually mean?

Blood pressure, cholesterol, blood sugar, and PSA are only useful if you understand your results and the trend over time. Ask for your numbers and what they indicate.

Q: Should my testosterone be checked?

Fatigue, low libido, poor sleep, and loss of muscle can signal low testosterone. Ask whether your symptoms warrant testing rather than dismissing them as aging.

Q: Are my vaccinations up to date?

Vaccine needs change with age — HPV and Tdap early on, then shingles, pneumococcal, RSV, and others later. Confirm you are current for your stage of life.

Q: What one change would most improve my health?

A good clinician will help you prioritize. Often a single focus — blood pressure, weight, sleep, or quitting tobacco — delivers the greatest return on your effort.

WHY DR. HOUMAN

Why Dr. Houman's Approach Is Different

Men's health is too often reduced to a rushed annual physical and a handful of lab values. Dr. Houman takes a fundamentally different approach: proactive, personalized, and focused on preventing problems rather than reacting to them.

Fellowship-trained subspecialist

Dr. Houman completed fellowship training in male sexual and reproductive medicine, with a deep focus on the hormonal, urologic, and preventive health concerns that matter most to men.

Personalized, risk-based screening

Rather than a one-size-fits-all schedule, every plan is built around your age, family history, ethnicity, and personal risk — so you get the right tests at the right time.

Whole-person preventive care

From cardiovascular and metabolic risk to hormones, sexual health, and mental wellbeing, Dr. Houman looks at the full picture rather than isolated symptoms.

A partner across every decade

Men's needs change from their twenties to their nineties. Dr. Houman helps patients adjust their priorities at each stage so they stay healthy, strong, and independent for life.

Discreet, judgment-free care

Dr. Houman creates a comfortable, confidential environment where men can raise any concern openly — because the conditions men avoid discussing are often the most treatable.

Published research

Dr. Houman's research in men's health has been published in leading peer-reviewed journals, including the Journal of the American Medical Association.



JUSTIN HOUMAN, MD, FACS

Ready to take the next step?

The best time to invest in your health is now, at any age.
The right specialist can build a plan that keeps you healthy for life.

Book a Consultation

www.HoumanMD.com/contact

Website: HoumanMD.com

This guide is intended for educational purposes only and does not constitute medical advice.
Please consult a qualified physician before making any medical decisions.