

APPENDIX: SAMPLES OF MEN'S HEALTH CHECKLISTS**Young adults (20–49 years)****✓ CHECK**

- Blood pressure
- Blood cholesterol level about every 5 years
- Urine test for diabetes
- Family history of conditions such as melanoma, bowel cancer, prostate cancer, hyperlipidaemia, diabetes. Are any specific tests required?
- Skin. Is there any sign of ultra-violet damage or skin cancer?
- Driving safety
- Mental health. Is there any evidence of depression? Stress?
- Immunisation. Is a tetanus booster required?

DISCUSS

- Diet and exercise. Particular attention to abdominal obesity
- Smoking, alcohol and drugs
- Relationships
- Parenting
- Occupational health and safety
- Employment
- Accidents and risk taking
- Testicular self-examination
- Sexual health

Older adults (50–74 years)**✓ CHECK**

- All the items for younger adults
- Prostate disease. Annual rectal exams
- Prostate-specific antigen blood tests when indicated
- Diabetes. Urine tests. Blood if required
- Glaucoma eye check if required
- Skin. Is there any evidence of skin cancer?

DISCUSS

- Diet and exercise
- Smoking and alcohol
- Family
- Retirement

Elderly men (75+ years)**✓ CHECK**

- Full health assessment (enhanced primary care)
- Blood pressure
- Arthritis
- Memory loss
- May need glaucoma eye check
- Urinary stream. Very elderly men do not require regular rectal examinations unless they are worried by urinary symptoms
- Skin. Signs of skin cancer/melanomas?
- Mental health. Any evidence of depression?

DISCUSS

- Diet/nutrition and exercise
- Carer relationships
- Social connectedness/loneliness