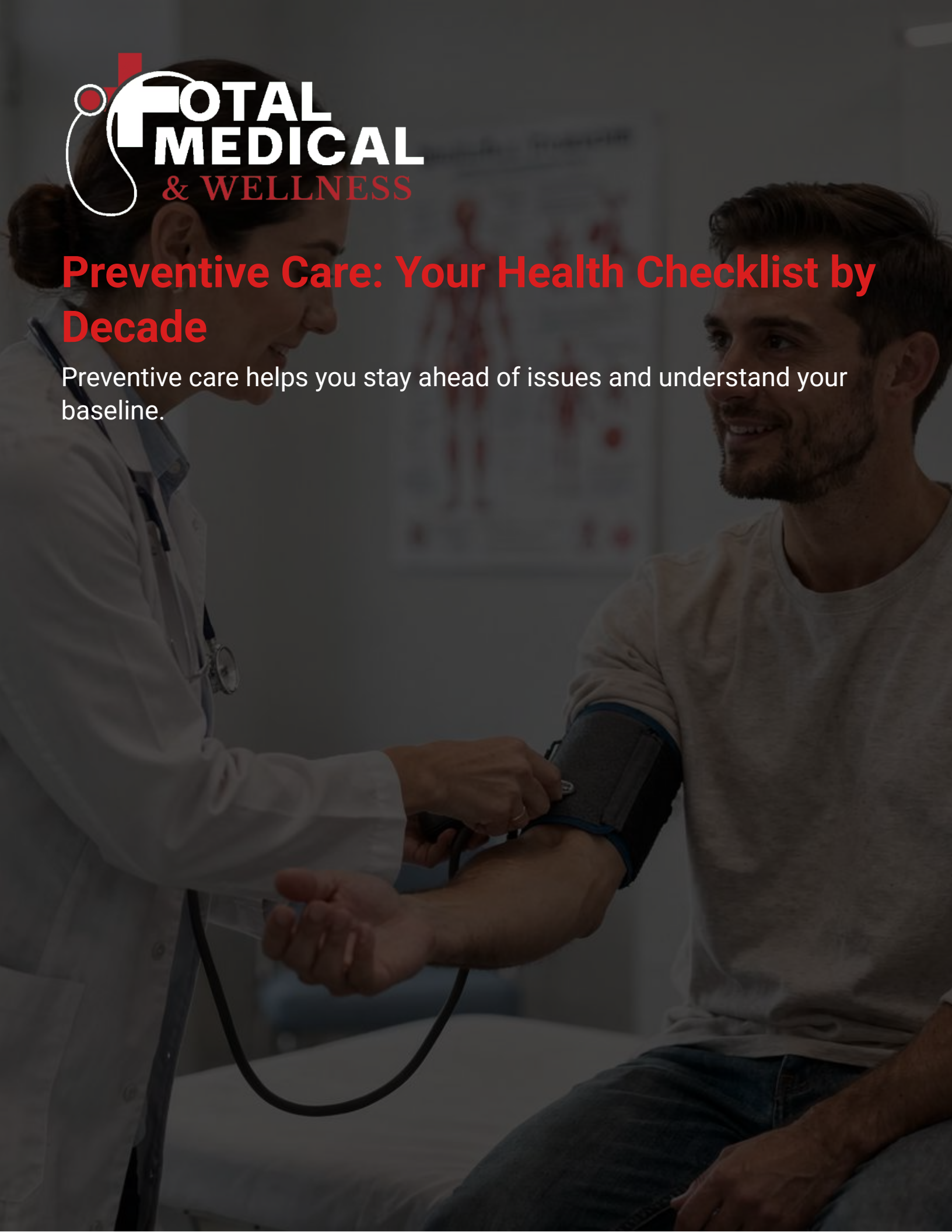




## Preventive Care: Your Health Checklist by Decade

Preventive care helps you stay ahead of issues and understand your baseline.



# Men's Preventive Care by Age

## IN YOUR 30s

Your 30s are about establishing a strong baseline. Early tracking of heart health, hormones, and metabolism helps you stay ahead of changes before they become harder to manage.



Annual physical exam



Blood pressure check



Cholesterol panel



Blood sugar screening



Hormone evaluation (if symptomatic)



Mental health check-ins



Weight & metabolic assessment

# Men's Preventive Care

## IN YOUR 40s

Everything from your 30s, plus the following additions. Your 40s are when subtle shifts in hormones, metabolism, and cardiovascular health become more noticeable. Staying proactive helps maintain energy, weight control, and long-term vitality.



Prostate health discussion



Thyroid screening



Expanded metabolic labs



Sleep evaluation (if fatigue or snoring is present)



Stress & burnout assessment

# Men's Preventive Care

## IN YOUR 50s

Everything from your 40s, plus the following additions. Your 50s and beyond are about protecting longevity. Regular screenings help catch issues early and support a strong, active lifestyle for decades to come.



### Colon cancer screening

**Colonoscopy or alternative**



### Bone density evaluation

**Assess skeletal strength and fracture risk**



### More frequent cardiovascular screenings

**Increased monitoring of heart health markers**



### Vision & hearing checks

**Routine sensory health evaluations**



### Expanded prostate health monitoring

**Ongoing and more comprehensive prostate assessments**

# Your Care Should Reflect You



## A Unique Combination

Every man has a unique combination of lifestyle demands, stressors, genetics, and goals. Your care should reflect that.



## Total Medical & Wellness

At Total Medical & Wellness, we take a personalized, whole-person approach that looks at how your systems work together. When you understand what's happening inside your body, you can make better decisions for your long-term health.