

This checklist is intended to assist urologists and other providers in strengthening their role as a resource for male patients and to better coordinate patient care. It is not intended to grant rights or impose obligations. 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.

References:

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AUA Men's Health Checklist

A reference to assist urologists and other providers in strengthening their role as a resource for male patients and to better coordinate patient care.

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



American
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		Age 18-39	Age 40-49	Age 50-69	Age 70+	
Common Symptoms/Complaints	UROLOGY SPECIFIC	VOIDING HEALTH	<ul style="list-style-type: none"> LUTS (IPSS if present) Hematuria UTI Urolithiasis Genitourinary pain Early BPH/stricture disease Dysuria/discharge 	<ul style="list-style-type: none"> LUTS (IPSS if present) Hematuria UTI Urolithiasis Genitourinary pain 	<ul style="list-style-type: none"> LUTS/BPH (IPSS) Hematuria UTI Urolithiasis Genitourinary pain 	<ul style="list-style-type: none"> LUTS/BPH (IPSS) Hematuria UTI Genitourinary pain Associated bowel dysfunction
	SEXUAL HEALTH	<ul style="list-style-type: none"> Male infertility Androgen deficiency Undescended testis Testis masses Varicocele and other scrotal disorders Phimosis, Peyronie’s Ejaculation disorders Sexual activity/erectile function STD/HIV/contraception 	<ul style="list-style-type: none"> Male infertility Androgen deficiency Sexual activity/erectile function Ejaculation disorders STD/HIV/contraception 	<ul style="list-style-type: none"> Sexual activity/erectile function Facilitated with the IIEF (or EF portion of the IIEF, or modified IIEF called SHIM) Male infertility/contraception Androgen deficiency STD/HIV 	<ul style="list-style-type: none"> Sexual activity/erectile function Facilitated with the IIEF (or EF portion of the IIEF, or modified IIEF called SHIM) Androgen deficiency 	
	FOCUSED EXAM	<ul style="list-style-type: none"> Weight and Blood Pressure BMI/WC Full genitourinary exam 	<ul style="list-style-type: none"> Weight and blood pressure BMI/WC Full genitourinary exam DRE per guidelines 	<ul style="list-style-type: none"> Weight and blood pressure BMI/WC Full genitourinary exam DRE 	<ul style="list-style-type: none"> Weight and blood pressure BMI/WC Full genitourinary exam DRE 	
Care coordinated with Primary Care Physician or Other Provider	RELATED HEALTH	HEALTH MAINTENANCE	<ul style="list-style-type: none"> Weight/physical activity/nutrition Instruction in male hygiene/self exam OTCs/supplements and stimulants Tobacco/alcohol/substance abuse Sports and recreational safety/trauma Review family history risk factors Mental health (suicide, depression, PTSD) Testicular self exam 	<ul style="list-style-type: none"> Weight/physical activity/nutrition Instruction in male hygiene/self exam OTCs/supplements and stimulants Tobacco/alcohol/substance abuse Sports and recreational safety/trauma Review family history risk factors Mental health (suicide, depression, PTSD) CV risk factors Colorectal disease/GERD STD risk/past STD 	<ul style="list-style-type: none"> Weight/physical activity/nutrition Instruction in male hygiene/self exam OTCs/supplements and stimulants Tobacco/alcohol/substance abuse Sports and recreational safety/trauma Review family history risk factors Mental health (suicide, depression, PTSD) CV risk factors Colorectal disease/GERD STD preventative measures Urologic Cancer Awareness 	<ul style="list-style-type: none"> Weight/physical activity/nutrition Polypharmacy Bone health Mobility
	HEALTH SCREENING	<ul style="list-style-type: none"> Hypertension Urinalysis Obesity (BMI, WC) Management of cholesterol/lipid profile/endocrine issues if sexual dysfunction or infertility 	<ul style="list-style-type: none"> Lipid profile¹ Hypertension Metabolic assessment^{2,3} PSA screening/DRE (per guidelines) Urinalysis Obesity (BMI, WC, total testosterone)⁶ Fasting blood sugar Additional blood work depending on complaint 	<ul style="list-style-type: none"> PSA screening (annual) Urinalysis Lipid profile¹ Metabolic assessment^{2,3} ECG, at least every 5 years Testosterone, if there are signs of decreased libido or hypogonadism⁶ Diabetes screening (if family history)^{7,8} Eye examination (intra-ocular pressure) 	<ul style="list-style-type: none"> PSA (only after discussing patient preference and life expectancy) Urinalysis ECG, at least every 5 years Vascular ultrasound and CXR if history of smoking Diabetes screening (if family history)^{7,8} Eye examination (intra-ocular pressure) 	
	CANCER SCREENING	<p>EVERY 3 YEARS</p> <ul style="list-style-type: none"> Testicular Urologic cancer awareness 	<p>EVERY 2 YEARS</p> <ul style="list-style-type: none"> Testicular Colorectal cancer screening⁴ Prostate cancer screening⁵ Family history Bladder cancer – yearly urinalysis 	<p>ANNUAL</p> <ul style="list-style-type: none"> Testicular (self-examination) Colorectal cancer screening⁴ Prostate cancer screening⁵ Yearly skin examinations Bladder cancer – urinalysis 	<p>ANNUAL</p> <ul style="list-style-type: none"> DRE Bladder cancer – urinalysis Colorectal cancer screening⁴ 	