

FREE GUIDE

Men 30 to 39

Cholesterol, blood sugar and vitamin D, with testosterone only if you have symptoms.

Blood tests for men from 30 to 39

Men are more likely to have high cholesterol, and it gives no symptoms. A blood test shows your numbers while there is time to change them.

It can

- ✓ Show your cholesterol, which gives no symptoms
- ✓ Give you a baseline before the NHS Health Check starts at 40
- ✓ Help your GP look into symptoms, with a morning testosterone test

It cannot

- ✗ Assess your heart: it shows risk factors, and the assessment is your GP's
- ✗ Explain tiredness or mood by testosterone alone, without sexual symptoms
- ✗ Promise more muscle, energy or performance from a result

WHY IT MATTERS

01

Men are more likely to have high cholesterol, and it gives no symptoms

The NHS lists being a man among the things that make high cholesterol more likely. A blood test is the only way to know, and about 1 in 250 people have a type that runs in families.^[1, 2]

02

Type 2 diabetes can start early, often without symptoms

The NHS lists a higher risk from 25 for people of South Asian, Chinese, Black African or Black Caribbean background, and says not everyone has symptoms.^[3]

03

Testosterone falls slowly, and on its own that is unlikely to cause problems

It falls about 1% a year from around 30 to 40. In a European study of 3,369 men, only three sexual symptoms were clearly linked to low testosterone, so it is worth measuring when you have them.^[4, 5]

WHY IT MATTERS

04

Low vitamin D is common in UK winters

From October to early March, sunlight in the UK is not enough to make vitamin D. In a UK winter study, 22 of 30 healthy adults were under 50 nmol/L.^[6, 7]

What usually makes sense, and when to repeat it

TEST	WHY	WHEN TO REPEAT
Cholesterol profile	Men are more likely to have high cholesterol, and it does not usually cause symptoms. A blood test is the only way to know. ^[1, 2, 8]	As your GP advises. The NHS Health Check starts at 40, every 5 years.
HbA1c (average blood sugar)	Type 2 diabetes can start from 25 in some ethnic groups, often without symptoms. ^[3]	As your GP advises.
Vitamin D, 25(OH)D	From October to early March, UK sunlight is not enough to make vitamin D. Late winter shows your lowest level. ^[6, 7]	Once in late winter.
Total and free testosterone (only with symptoms)	Testosterone falls about 1% a year from around 30 to 40, which on its own is unlikely to cause problems. It is worth measuring if you have symptoms such as low sex drive or fewer morning erections. ^[4, 5]	In the morning; again as your GP advises.
Sexual health screen	Most people with chlamydia have no symptoms. The NHS suggests a test once a year or with a new partner. ^[9]	Once a year, or with a new partner.

What to do with your result

Your result arrives in your account, with reference ranges. A value outside the range, or a symptom with a normal result, is a conversation with your GP: treatment and supplements are their call. Repeat the same test later to compare.

SOURCES

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3. NHS. Type 2 diabetes: symptoms. nhs.uk. 2026. <https://www.nhs.uk/conditions/type-2-diabetes/symptoms/>
4. NHS. The 'male menopause'. nhs.uk. 2026. <https://www.nhs.uk/conditions/male-menopause/>
5. Wu FC, Tajar A, Beynon JM, et al. Identification of late-onset hypogonadism in middle-aged and elderly men. *N Engl J Med*. 2010;363:123-135. doi:10.1056/NEJMoa0911101. PMID 20554979
6. NHS. Vitamin D. nhs.uk. 2026. <https://www.nhs.uk/conditions/vitamins-and-minerals/vitamin-d/>
7. Close GL, Russell J, Cobley JN, et al. Assessment of vitamin D concentration in non-supplemented professional athletes and healthy adults during the winter months in the UK: implications for skeletal muscle function. *J Sports Sci*. 2013;31:344-353. doi:10.1080/02640414.2012.733822. PMID 23083379
8. NHS. NHS Health Check. nhs.uk. 2026. <https://www.nhs.uk/tests-and-treatments/nhs-health-check/>
9. NHS. Chlamydia. nhs.uk. 2026. <https://www.nhs.uk/conditions/chlamydia/>



Scan for the full page, the tests that cover these markers, a short video and the guided check-up.

bpr.clinic/blood-tests/for/men-30-39

General information, not personal medical advice. Talk to your GP about your own situation. Questions: hello@bpr.clinic or message us in the BPR app.

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