

FREE GUIDE

Men 40 to 59

Cholesterol, blood sugar and kidneys, the numbers the NHS Health Check looks at.

Blood tests for men from 40 to 59

From 40 the risks that give no symptoms start to count more. A blood test shows your numbers, and what to do about them is a talk with your GP.

It can

- ✓ Show your numbers between NHS Health Checks
- ✓ Show your kidney function, which gives no early symptoms
- ✓ Give you numbers to talk through with your GP

It cannot

- ✗ Turn PSA into a routine check: it is a choice with your GP
- ✗ Assess your heart or clear you for exercise: it shows risk factors
- ✗ Explain tiredness or mood by testosterone alone, without sexual symptoms

WHY IT MATTERS

01

From 40, the NHS itself checks your risk

From 40 to 74 the NHS offers a Health Check every 5 years, with a cholesterol test, and possibly a blood sugar test. It looks at the risk of heart disease, stroke, type 2 diabetes and kidney disease.^[1]

02

Being a man, and over 50, makes high cholesterol more likely

High cholesterol does not usually cause symptoms. A blood test is the only way to know.^[2]

03

Type 2 diabetes does not always cause symptoms

The NHS lists a higher risk from 40, or from 25 for people of South Asian, Chinese, Black African or Black Caribbean background.^[3]

WHY IT MATTERS

04

Early kidney disease gives no warning

There are usually no symptoms in the early stages. It is linked to getting older, high blood pressure and diabetes, and creatinine and eGFR come in the same sample.^[4]

05

PSA is a choice to make with your GP, not a routine test

Routine PSA testing is not offered on the NHS, but you can ask your GP about it. In trials with 721,718 men, PSA screening made at most a small difference to prostate cancer deaths over 10 years, and it has harms to weigh.^[5, 6]

What usually makes sense, and when to repeat it

TEST	WHY	WHEN TO REPEAT
Cholesterol profile	From 40 the NHS Health Check looks at cholesterol. Men are more likely to have high cholesterol, and it gives no symptoms. [1, 2]	Every 5 years at the NHS Health Check; more often if your GP advises.
HbA1c (average blood sugar)	Type 2 diabetes does not always cause symptoms, and the risk rises from 40. [1, 3]	Every 5 years at the NHS Health Check, or as your GP advises.
Kidney function (creatinine, eGFR)	Early kidney disease usually has no symptoms. [1, 4]	With your cholesterol; more often with high blood pressure or diabetes.
Vitamin D, 25(OH)D	From October to early March, UK sunlight is not enough to make vitamin D. [7]	Once in late winter.
Total and free testosterone (only with symptoms)	Testosterone falls slowly with age. It is worth measuring, in the morning, if you have symptoms such as low sex drive or fewer morning erections. [8, 9, 10]	As your GP advises.
Total and free PSA	There is no routine PSA testing on the NHS. You can ask your GP about it; a high PSA does not mean cancer, and the test has benefits and harms to weigh. [5, 6]	Only after talking to your GP, who sets how often.

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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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-40-59

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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