

AUSTRALIAN



## Annual Blood Tests for Men

*A proactive approach  
to better health*



## Why regular blood tests matter

In Australia, men have a shorter life expectancy than women and are more likely to develop preventable diseases such as heart disease, type 2 diabetes and kidney disease. Regular health checks, including blood tests, can help detect these conditions early—often before symptoms appear.<sup>1</sup>

Seeing a doctor only when something is wrong can mean missed opportunities for prevention. An annual blood test provides vital information to help your doctor guide your health decisions and support lifestyle changes—not just treatment.

## Recommended blood tests for men

Australian guidelines recommend routine screening, especially for men over 40 or those with risk factors such as high blood pressure or a family history of disease.

Clinical Labs offers Men's Annual Screen blood tests that doctors can order, including tests for:

### Heart and metabolic health

- **Cholesterol (Lipid Profile):** Recommended for all men over 45 (or over 35 for Aboriginal and Torres Strait Islander men). Helps assess heart disease risk. No fasting required.
- **Diabetes (HbA1c or Fasting Glucose):** Type 2 diabetes often goes underdiagnosed in men until the later stages. Annual screening is recommended for men who are overweight, have high blood pressure or a family history of diabetes.

### Prostate and hormonal health

- **Prostate-Specific Antigen (PSA):** Men over 50 (or over 40 with a family history) should discuss with their GP the benefits and risks of testing for prostate cancer.



- **Testosterone:** Low levels can impact energy, mood, libido and muscle mass. Testing is recommended if you have symptoms.

### Liver and kidney function

- **Liver function tests:** Important for men who drink alcohol regularly, take long-term medications or have metabolic risk factors.
- **Kidney function tests:** Kidney disease is often asymptomatic in its early stages. Routine screening is recommended for men with diabetes, high blood pressure or heart disease.

### General health

- **Full blood count:** Screens for anaemia or other blood disorders.
- **Vitamin D and iron studies:** Low levels are associated with fatigue, muscle weakness and cardiovascular risk. Testing is helpful if you have symptoms, dietary restrictions or limited sun exposure.

## Make testing part of your annual routine

Ask your GP for an annual blood test as part of your regular health check. Tracking results like cholesterol and blood sugar each year helps your doctor detect changes early and support your long-term health.

## Where to get tested

Once your GP gives you a request form, visit any of our 1,300+ Clinical Labs collection centres across Australia. We accept all pathology request forms.



Find your nearest location at  
[clinicallabs.com.au/location](https://www.clinicallabs.com.au/location)  
or scan the QR code.

## Reference

1. Welfare, A.I.O.H.A., Deaths in Australia. 2024.