

## Guide to Choosing the Right Preventive Health Check-up for You

In today's fast-paced life, it is easy to overlook our health. Preventive health check-ups are a comprehensive approach to detecting health issues well in time. Early detection of chronic conditions like diabetes and hypertension, as well as life-threatening diseases, can result in timely treatment and improved health outcomes.



### Key advantages of regular preventive health check-ups:

- **Timely detection of disease** at an early stage allows for effective intervention and treatment. This can be crucial in preventing the transmission of disease.
- **Fast-track treatment:** If a check-up leads to a diagnosis, additional tests can be scheduled for immediate follow-up.
- **Prevention of serious illnesses** such as cancer, heart ailments and diabetes by understanding family medical history.
- **Improves the quality** of your life by addressing health issues proactively. Regular preventive health check-ups can increase your life span too.

### How to select a health check-up package:

- **Understand your health needs:** Start by considering your age, gender and any existing medical condition or risk factors you may have.
- **Consider risk factors:** your genetic background, family history, lifestyle choices, and environmental exposures. For instance, individuals with a family history of diabetes should prioritise regular glucose monitoring. Similarly, lifestyle choices such as smoking or a sedentary lifestyle would necessitate specific screenings like lung function tests or metabolic assessments. This comprehensive approach ensures a more personalised and effective health monitoring strategy.
- **Adapt to different life stages:** Each decade brings specific health concerns. In your 30s, start with vital screenings like cholesterol and blood pressure tests. In your 50s, shift to comprehensive screenings like

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colonoscopies or mammograms, based on gender. These choices align with medical evidence indicating the prevalence of conditions at different ages. For instance, post-menopausal women may need bone density scans, less critical for younger individuals.

- **Opt for a package** that combines blood tests, advanced imaging techniques, and physical examinations to ensure a more comprehensive assessment of your health.
- **Ensure the chosen package** is offered by a reputable institution known for its accuracy and reliability in health screenings. Additionally, interpreting these results requires medical expertise. Packages that include consultations with healthcare professionals are invaluable, as they provide context and understanding to your results, aiding in informed health decisions.

### Common tests under preventive health check-ups:

- **Blood pressure measurement** to detect hypertension, a risk factor for cardiovascular diseases.
- **Cholesterol level tests** assess levels of total cholesterol, LDL (low-density lipoprotein), HDL (high-density lipoprotein), and triglycerides to evaluate heart health.
- **Blood Glucose tests** help detect diabetes or prediabetes.
- **Cancer screenings:** Mammography for breast cancer screening (for women). Pap smear for cervical cancer screening (for women). Prostate-specific antigen (PSA) test for prostate cancer (for men).
- **Bone density test** measures bone density to assess the risk of osteoporosis.
- **Liver and kidney Function Tests:** Screens for liver disorders and checks for kidney diseases.
- **Complete Blood Count (CBC):** Assesses overall health and helps detect various disorders.
- **Vision, hearing and dental** tests for any abnormalities or issues with eyesight and hearing.
- **Based on individual needs,** a combination of imaging tests, such as X-rays and ultrasounds.

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### After undergoing a preventive health check-up:

- **Normal results:** If all results are normal, your healthcare provider may provide guidance and recommendations on maintaining a healthy lifestyle.
- **Abnormal results:** If abnormalities are detected, your healthcare provider may recommend further diagnostic tests or consultations to better understand the issues. Depending on the findings, additional interventions or treatments may be suggested.
- **Medication prescriptions:** If certain health indicators are outside the normal range, your healthcare provider may prescribe medications to manage specific conditions.
- **Follow-up appointments** may be scheduled to monitor ongoing health status or address specific concerns identified during the checkup.
- **Vaccinations:** If vaccinations are due or recommended based on your age and health status, your healthcare provider may administer them or provide guidance on where to get them.



It's essential to communicate openly with your healthcare provider, ask questions, and follow any recommendations or prescribed actions to maintain and improve your health. Regular follow-ups and adherence to medical advice contribute to effective preventive healthcare.

### To know more

- [Your Guide to Health Screenings by Age](#)
- [Adult vaccination schedule](#)