


















**HEALTH CHECK GUIDE: COMMON ISSUES BY THE YEARS**

| <b>Men</b>   |                                  |                          |  |  |  |   |                      |                                      | <b>DISCUSS</b>   |   |
|--------------|----------------------------------|--|--|--|--|---|----------------------|--------------------------------------|--|---|
| <b>20-30</b> | Physical exam every three years. | Blood pressure   | Blood and urine tests for diabetes, cholesterol. | Testicular self exam.                  |  |   |                      |                                      |  | <ul style="list-style-type: none"> <li>• Sexual health</li> <li>• Family history such as cancer, heart disease.</li> <li>• Accidents and risk-taking</li> <li>• Smoking, alcohol and drugs.</li> <li>• Diet &amp; exercise.</li> </ul>                        |
| <b>30-40</b> | Physical exam every three years. | Blood pressure   | Blood and urine tests for diabetes, cholesterol. |  | PSA Blood test every year if high risk.          | Electrocardiogram every three to five years if high risk for heart attacks. |                      |                                      |  | <ul style="list-style-type: none"> <li>• Diet and exercise.</li> <li>• Smoking &amp; alcohol.</li> <li>• Sexual health.</li> <li>• Stress management.</li> </ul>  |
| <b>40-50</b> | Physical exam every two years.   | Blood pressure   | Blood and urine tests for diabetes, cholesterol. | Rectal exam                            | PSA Blood test every year if high risk.          | Electrocardiogram every three to five years if high risk for heart attacks. | Hemocult—every year. | Colonoscopy every year if high risk. |  | <ul style="list-style-type: none"> <li>• Diet and exercise.</li> <li>• Smoking &amp; alcohol.</li> <li>• Sexual health.</li> <li>• Stress management.</li> </ul>  |
| <b>50 +</b>  | Physical exam every year.        | Blood pressure   | Blood and urine tests for diabetes, cholesterol. | Rectal exam                            | PSA Blood test.                                  | Electrocardiogram every three to five years if high risk for heart attack.  | Hemocult—every year. | Colonoscopy every year if high risk. |  | <ul style="list-style-type: none"> <li>• Contraception.</li> <li>• Breast self-awareness.</li> <li>• Family history</li> <li>• Diet &amp; exercise.</li> <li>• Smoking, alcohol, drug use.</li> <li>• Gynaecological issues.</li> <li>• Menopause.</li> </ul> |
| <b>Women</b> |                                  |         |  |  |  |   |                      |                                      |  |   |
| <b>20-30</b> | Two years                        | Pap smear every two years.   | Breast self examination monthly.                 | Sexually transmitted diseases.         | Blood and urine tests for diabetes, cholesterol. | Blood pressure  |                      |                                      |  | <ul style="list-style-type: none"> <li>• Contraception.</li> <li>• Breast self-awareness.</li> <li>• Family history</li> <li>• Diet &amp; exercise.</li> <li>• Smoking, alcohol, drug use.</li> <li>• Gynaecological issues.</li> <li>• Menopause.</li> </ul> |
| <b>30-40</b> | Two years                        | Pap smear every two years.   | Breast self examination monthly.                 |  | Blood and urine tests for diabetes, cholesterol. | Blood pressure  |                      |                                      |  | <ul style="list-style-type: none"> <li>• Contraception.</li> <li>• Breast self-awareness.</li> <li>• Family history</li> <li>• Diet &amp; exercise.</li> <li>• Smoking, alcohol, drug use.</li> <li>• Gynaecological issues.</li> <li>• Menopause.</li> </ul> |
| <b>40-50</b> | Two years                        | Pap smear every two years.   | Breast self examination monthly.                 | Mammogram if history of breast cancer. | Blood and urine tests for diabetes, cholesterol. | Blood pressure  |                      |                                      |  | <ul style="list-style-type: none"> <li>• Contraception.</li> <li>• Breast self-awareness.</li> <li>• Family history</li> <li>• Diet &amp; exercise.</li> <li>• Smoking, alcohol, drug use.</li> <li>• Gynaecological issues.</li> <li>• Menopause.</li> </ul> |
| <b>50 +</b>  | One-two years                    | Pap smear every two years.   | Breast self examination monthly.                 | Mammogram if history of breast cancer. | Blood and urine tests for diabetes, cholesterol. | Blood pressure  |                      |                                      |  | <ul style="list-style-type: none"> <li>• Contraception.</li> <li>• Breast self-awareness.</li> <li>• Family history</li> <li>• Diet &amp; exercise.</li> <li>• Smoking, alcohol, drug use.</li> <li>• Gynaecological issues.</li> <li>• Menopause.</li> </ul> |



**At all ages, check your skin for suspicious spots. If you are concerned, consult your doctor, especially if a spot changes size or color. If detected early, 95% of skin cancers can be cured.**

## MY PERSONAL REPORT CARD

*Why not custom build your own Health WIP? Here are some suggested categories.*

| Date of visit    | What was tested                                   | Results                                 | Action   | Family History                         | Next visit     |
|------------------|---|---|--|--|----------------|
| July 18, 2005    | Iron<br>Hormones<br>Cholesterol<br>Blood pressure | Cholesterol 6.5<br>Blood pressure<br>Ok | Cut down on saturated fats.<br>Lose two kilos and exercise more. | Mum has had anginea. High cholesterol. | December, 2005 |
| December 4, 2005 | Cholesterol test                                  | 6                                       | Continue with diet.  | As above                               | July, 2006     |



### Warning signs for heart attack or stroke

According to the American Heart Association, the following warnings are likely to signal a Heart Attack:

- Uncomfortable pressure, fullness, squeezing or pain in the centre of the chest lasting more than a few minutes.
- Pain spreading to the shoulders, neck or arms.
- Chest discomfort with a lightheaded feeling, fainting, sweating, nausea or shortness of breath.



### One or more of the following could signal a Stroke:

- Sudden numbness or weakness of face, arm or leg, especially on one side;
- Sudden confusion, trouble speaking or trouble understanding;
- Sudden trouble seeing in one or both eyes;
- Sudden trouble walking, dizziness, loss of balance or coordination;
- Sudden, severe headache with no known cause.



### Warning signs for cancer

- Unusual discharge or bleeding
- Any unexplained change in toilet habits
- A lump in the breast, neck, armpit or anywhere else in the body.
- New skin spots, or a spot or mole that has changed in size, colour or shape.