

Guidelines for Health Screening

| Screening | 18-24 | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | Above 75 |
|------------------------|--|-------|-------|-------|--|-------|-------|-------|--|-------|-------|----------|
| Women & Men | | | | | | | | | | | | |
| High blood pressure | | | | | Check blood pressure from 40 years old | | | | | | | |
| Blood Cholesterol | | | | | Check fasting lipids every 3 years if the first screening is normal | | | | | | | |
| Obesity | Measure Body Mass Index (BMI) yearly | | | | | | | | | | | |
| Diabetes Mellitus | | | | | Check fasting blood glucose every 3 years if the first screening is normal | | | | | | | |
| Colorectal cancer | | | | | | | | | Faecal Occult Blood Test (FOBT) yearly | | | |
| Hepatitis B+ | Screening for those with a family history of hepatitis B infection, liver cancer or with high risk behaviour | | | | | | | | | | | |
| Liver cancer+ | Screening for those with chronic hepatitis B infection, hepatitis C liver cirrhosis | | | | | | | | | | | |
| Tuberculosis+ | Tuberculin skin testing for close contacts of infectious TB case | | | | | | | | | | | |
| STIs+ | | | | | | | | | | | | |
| Syphilis | See a doctor for screening after exposure | | | | | | | | | | | |
| Gonorrhoea | See a doctor for screening after exposure | | | | | | | | | | | |
| HIV | See a doctor for screening after exposure | | | | | | | | | | | |
| Chlamydia | See a doctor for screening after exposure | | | | | | | | | | | |
| Women | | | | | | | | | | | | |
| Cervical Cancer | Pap smear once every 3 years for all women who have ever had sexual intercourse | | | | | | | | | | | |
| Breast Cancer | | | | | Breast Self-Examination (BSE) monthly | | | | | | | |
| | | | | | Yearly Mammography | | | | Mammography once in 2 years | | | |
| Osteoporosis | | | | | | | | | Bone Mineral Density (BMD). Earlier if advised by your doctor. | | | |
| Men | | | | | | | | | | | | |
| Prostate Cancer | | | | | Early screening for men over 50 years with close relatives with prostate cancer arising before the age of 60 | | | | | | | |

* This chart lists recommended screenings for men and women at average risk for some diseases. These are guidelines only. Your doctor will personalise the timing of each test to best meet your needs. + High Risk