

8 HEALTH CHECKS IMPORTANT TO WOMEN'S HEALTH

1.

GENERAL PHYSICAL EXAMINATION:

All women should aim to have an annual check-up with their GP every 1-2 years and have the following checks carried out:

- Blood pressure check
- Height, weight, BMI check
- Bloodwork: including Full lipid profile, Iron Studies, Full Glucose panel, General Chemistry, Full Haematology, Thyroid function, vitamins B12, B6 & D.
- Diet & exercise check
- Mental & Emotional Health check

2.

SKIN CHECK:

Have an annual skin check conducted by a dermatologist to monitor moles, freckles, and skin blemishes for any changes in size, shape or colour.

3.

DENTAL CHECK:

Visit your dentist at least twice a year for a dental check-up and clean, and to discuss any issues you may be having with your teeth & gums etc.

4.

CERVICAL SCREENING TEST:

For women aged 25 to 74 years, your first Cervical Screening Test is due two years after your last Pap test. Following this, you will only need to have the test every five years, if your test results are considered normal. Abnormal results may require more frequent testing, depending on what is reported.

5.

BREAST CANCER:

Women aged between 50-74 are recommended to have a screening mammogram every two years. If you have a personal family history of breast cancer, you may need to have more frequent screenings.

6.

BOWEL CANCER:

Women over the age of 50 are sent free test kits to check for bowel cancer. Simply complete the test and send it off, results are analysed and if any blood is detected in the stool sample, further tests may be required.

7.

BONE DENSITY:

Women over 50 who have risk factors for osteoporosis may require a bone density scan to check for low bone density and osteoporosis. Women who have a family history and additional risk factors may require testing at an earlier age.

8.

VISUAL & HEARING TESTS:

Annual eye and hearing tests should be conducted by all women aged 65+ to assess whether it is declining. Women by the age of 40 are recommended to have a glaucoma test. If there is a family history of glaucoma then earlier tests may need to be conducted. If you wear glasses, or are suffering eye issues, you should have an annual eye test regardless of age.