Health Screening Tests: Quality over Quantity
Things to take note

When given an array of choices regarding health screening packages with different tests, it may be tempting to opt for as many tests as you can. However, it is important to remember that the type of screenings you may need is also dependent on your individual risk factors and health profile.

Why?

- Some diseases are relatively uncommon and corresponding screening tests may not be as useful for most people.
- Many screening tests are non-specific and have various reasons for abnormal results. Further testing may be useful but can also be costly and invasive.
- Screening tests also range in accuracy, with some tests having more false positive results.
- The process to confirm or rule out a disease following an initial positive result can be lengthy, and causes undue anxiety for the individual.

Tips for health screening

- **Find** out which screening tests are recommended for you, based on your age.
- **Select** a package with consideration on family history (if there is a history of cancer or other diseases), age, lifestyle choices (such as smoking) or other health conditions.
- **Maintain** a healthy lifestyle and attend health screenings at regular intervals even if your test results are fine.

Do not be alarmed over an abnormal test result. It is important to see a doctor who will be able to explain the result and advise on treatment or measures which you can take.
Did you know?

More Singaporeans are increasingly going for regular health screenings in recent years. While statistics are encouraging, more are found to suffer from high cholesterol and high blood pressure. Thus highlighting the importance of regular health screenings for early detection and treatment.

Why regular health screening is important?

- Allows you to detect diseases at an earlier stage, which may be asymptomatic.
- Early detection and treatment of diseases may lead to faster recovery and reduction of complications.
- Planning for regular health screenings can make the difference in the quality of your life and health.
Recommended Screenings

25-39 years old
Chronic illness
High Blood Pressure
Obesity
Diabetes
Cancer screening
Cervical Cancer
(female only)

18-24 years old
Chronic illness
High Blood Pressure
Obesity
Diabetes

40-49 years old
Chronic illness
High Blood Cholesterol
High Blood Pressure
Obesity
Diabetes
Cancer screening
Cervical Cancer
(female only)

50-64 years old
Chronic illness
High Blood Cholesterol
High Blood Pressure
Obesity
Diabetes
Cancer screening
Colorectal Cancer
Breast Cancer
(female only)

65 years old & above
Chronic illness
High Blood Cholesterol
High Blood Pressure
Obesity
Diabetes
Cancer screening
Colorectal Cancer
Cervical Cancer
(female only)
Breast Cancer
(female only)
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