



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.*



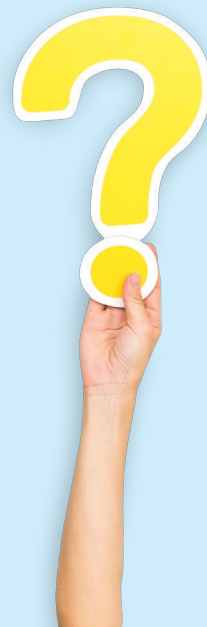
## *Did you know?*

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.



**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  
Cervical Cancer (female only)  
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)

*Recommended Screenings*



*Contributed by:*  
Dr Jeff Hwang (Lecturer)  
Saw Swee Hock School of Public Health

*Dr Jeff Hwang is an occupational medicine specialist  
working in Saw Swee Hock School of Public Health and  
Office of Safety, Health and Environment in NUS*



*Skills to Heal & Heart to Care*