

Ask The Experts

Which health-screening package should I choose?

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Q My husband and I are in our 40s and want to go for health screening. However, with so many health-screening packages available, we don't know which one to choose. Can you advise which are the most essential tests and how we can pick the right package?

A I generally encourage patients to select packages based on their specific needs.

Factors to consider

The choice may depend on your family history, age, lifestyle and any present health concerns.

Upon consultation and after a review of your family history, the doctor may order additional screening items if they are not included in the selected package.



DIABETES SCREENING

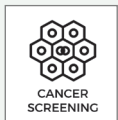


LIPID/FAT PROFILE

Diabetes and high cholesterol

Many conditions such as diabetes and high cholesterol level often have no early signs or symptoms. All packages now include these as standard tests.

History of hereditary conditions or cancer



CANCER SCREENING

For patients with certain health risk profiles — such as history of hereditary conditions or cancer — the package should include items such as cancer markers, ultrasounds of the relevant organs and stool occult blood test.



PHOTOS: ISTOCK



MAMMOGRAM



PAP SMEAR

Women

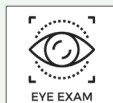
For women, mammogram (for those aged above 40) and PAP smear may be recommended, depending on your health risk profile.

Risk of coronary artery disease

If there is a risk of coronary artery disease — for example, if you smoke or lead a sedentary lifestyle, or have health conditions such as obesity, hypertension, diabetes or family history of heart disease — I may suggest a stress treadmill test or even a CT calcium score or CT angiogram.



EXERCISE STRESS TEST



EYE EXAM



BONE DENSITY

Seniors

For older patients, I will also advise them to screen for glaucoma and osteoporosis (for post-menopausal women).

Tests and consultation

Our health-screening centre staff will discuss with you and make recommendations on a suitable health-screening package to guide your decisions.

Initial screening

They will also explain how the tests are conducted, and perform the initial screening — such as taking measurements for parameters such as height,

weight and blood pressure, and collecting the blood, urine and stool samples.



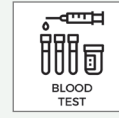
HEIGHT



BODY WEIGHT



BLOOD PRESSURE



BLOOD TEST



URINE EXAMINATION



STOOL EXAMINATION

You will then see our experienced doctor for a full consultation and physical examination.

More specific screenings

Other more specific screenings — including eye screening and radiologic tests such as X-rays, ultrasounds and CT scans — will be arranged.

One key point to remember is that the health screening will only pick up health conditions that are present at the time of screening.

Regular screening helps to detect conditions that may develop after the previous screening. Hence it is also important to go for screenings at the recommended frequency.



CHEST X-RAY



ULTRASOUND

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