

## Medical Screening Tests: Adapted from Health & Happiness by Dr Arien van der Merwe, revised edition 2013

Procedure	Men/Women/Both	Age to start	Frequency	Associated diseases	Comment
History and physical examination with questionnaire on stress	Both	25-40	Every 2 years	Various	Establish knowledge of preventive medicine and body-soul awareness at a young age
Homocysteine level	Both	20	Every 5 years	Cardiovascular	Combine with lipid profile to determine risk for developing arterial disease
Breast examination	Women	20	Every year	Breast cancer	Include with history and physical examination Monthly self-examination to know how own breasts feel
	Men	20	Every year	Gynecomastia Breast cancer	Younger men who abuse alcohol, can develop gynecomastia – enlargement of breast tissue. <b>Note:</b> Men can also develop breast cancer
Pap smear; vaginal and rectal examination	Women	From onset of sexual activity (14-18years)	Every 2 years	Cancer of the cervix	
Mammogram or Breast Thermography- less invasive and no radiation – digital infrared image photography	Women	40-50	Large breasts and family history of breast cancer – every 2 years	Breast cancer	About 14th day of menstrual cycle - premenopausal
Full blood and differential count, urea & electrolytes, liver function test, urine analysis, full lipid profile, fasting blood sugar	Both	30-40	Every 2 years	Various	Once at 20 years of age in cases of family history and
Rectal examination	Men	40	Every year	Prostate cancer Benign prostate hypertrophy (BPH)	Included in history and physical examination

Prostate-specific antigen (PSA) blood tests	Men	40	Every year	Prostate cancer	
Treadmill exertion ECG test	Women Men	50 45 (35 years)	Every year	Cardiovascular	Earlier in cases of risk factors such as family history, high cholesterol
Lung function	Both	40	Every year	Respiratory disease	Only for smokers and people with respiratory tract problems

**Important note for men and women with 8-10kg or more excess fat weight and/or fat accumulation around the waist area**

Fasting blood glucose Fasting insulin Waist circumference (WHR) Body fat weight (BMI) Blood pressure Lipid profile incl. total cholesterol, HDL- and LDL-cholesterol, triglycerides HbA1C	Both	Any age	Every year	Diabetes Metabolic syndrome Insulin resistance	150 million diagnosed cases of metabolic syndrome 300 million expected cases by 2030
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