

# Health Checks in your 20s and 30s

As you move through your 20s and 30s you will face many decisions which will impact your lifestyle and your long term health. Your career is building, giving you more responsibility, perhaps with travel and greater time pressures. You may start to think about children or may already have young children in your care.

Throughout these decades it is critical you pay attention to your health. While you may feel as though you are in your peak health, what you do today will impact your health tomorrow. Also be aware that developing health issues may be invisible. Looking after yourself has many components: you need to get regular medical check ups as well as make healthy choices in your day, eat well and exercise regularly; limit your alcohol consumption; get enough sleep; foster positive relationships and learn ways to work through problems and difficulties.

## Recommended Health Checks in your 20s and 30s.

What	When	Who	Why
Blood pressure	At least every 2 years	GP	Diabetes, high cholesterol, high blood pressure, smoking and obesity can all lead to an increased risk of cardiovascular disease (CVD) (Colagiuri S, 2009; National Heart Foundation of Australia, 2010).
Cholesterol	At least every 2 years	GP	
Weight check: Cardiovascular disease and	At least every 2 years	Discuss with your doctor or GP	In 2014 63% of Australians are overweight or obese (AIHW, 2014) and combined with an increasingly sedentary lifestyle, Australians are at significant risk of developing obesity related problems such as cardiovascular diseases and Type 2 Diabetes.
Diabetes Risk Screening			A full examination of your weight and biometrics is important for your long term health (RACGP, 2013).
Sexually Transmitted Infection Screen	Based on sexual activity, between partners	GP	It is wise to be screened for STIs when changing sexual partners or if you have unusual symptoms (Department of Health, 2015).
Dental examinations	6-12 months or as required	Dentist or oral hygienist	Early detection of problems in your teeth and gums enables early treatment and better outcomes. Remember your teeth need to last for the rest of your life (Gussy, et al., 2013) (Spencer, 2003).
Skin Cancer Checks	Annual Regular self exams	GP or dermatologist Self	Two thirds of Australians will be diagnosed with skin cancer by age 70 and early detection leads to better outcomes (Cancer Council Australia, 2015).
Testes	Discuss your risk with your GP in your annual check up  Self exam monthly	GP  Self	Testicular cancer is the second most common cancer in young men and may manifest as a painless lump or swelling, or change in size or shape of the testicle (Cancer Council Australia, 2015).

References  
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