



Health Checks in your 40s

The 40s are a busy time. Your career may be in full swing, kids are getting older, as are parents, coining the term The Sandwich Generation. Competing priorities means that you and your health may be delegated to a lower priority. However it is still important to keep up with your health checks as family history and habits from your 20s and 30s may start manifesting as issues in your 40s.

Recommended Health Checks in your 40s.

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) (RACGP, 2013) (National Heart Foundation of Australia, 2010).
Cholesterol	At least every 2 years	GP	
Diabetes Screen	At least every 2 years	Discuss with your doctor or GP	In 2015, 63% of Australians are overweight or obese (AIHW, 2014) and combined with an increasingly sedentary lifestyle, Australians are at significant risk of developing Type 2 Diabetes.
			A full examination of your weight, biometrics, family and medical history and lifestyle is important to assess risk of your long term health (RACGP, 2013).
Bone Density	Annually, based on risk. Men from age 50	GP and Radiology	In Australia, one in three men over the age of 60 will suffer an osteoporotic fracture. Osteoporosis is largely preventable, with early detection assisting outcomes. (AIHW, 2011) (Garvan Institute, 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).
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).
Testes (Men only)	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).
Chronic Disease screens	At least every 2 years from age 45	GP	Cardiovascular disease is the top cause of death for Australians (AIHW, 2014). Your doctor will investigate your biometrics, medical and family history and lifestyle choices to calculate your risk of developing cardiovascular disease in the next 5 years.
Prostate Examination	As required; Talk to your GP about your risk in your annual check up	GP	Prostate cancer is very common in men over 50 years old. Screening is recommended if you exhibit any symptoms such as difficulty urinating (pain, burning, increased frequency, blood), unexplained pain in lower back, hips or upper legs, unexplained weight loss.

References
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