

# Get screened for



## OBESITY

- **Why:** It puts you at risk of developing serious health issues, including Type 2 diabetes, heart disease and joint problems.
- **How:** Do the body mass index (BMI) and waist circumference tests.

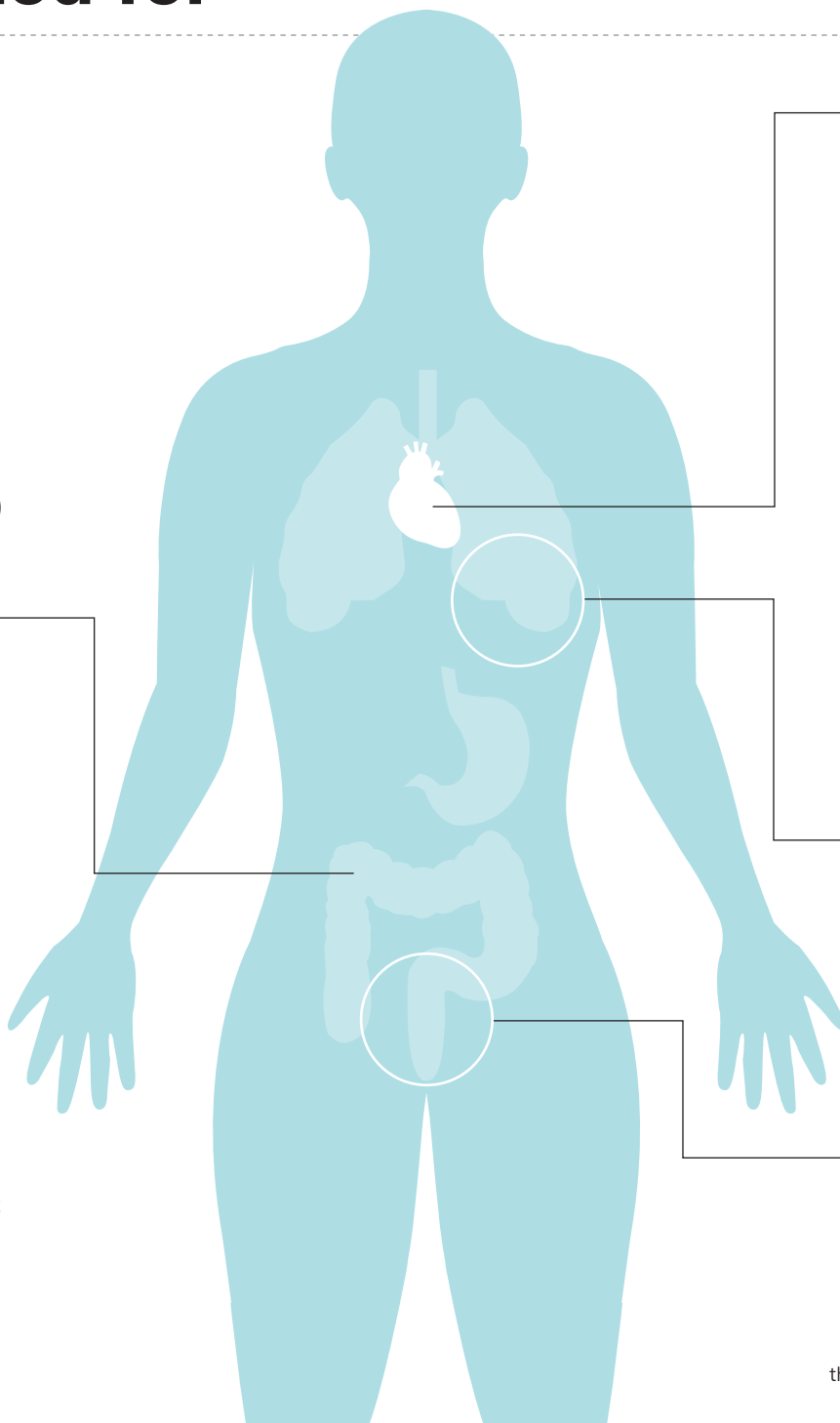
## COLORECTAL CANCER

- **Why:** It's the most common cancer for men, and the second most common cancer for women.
- **How:** Do the faecal immunochemical test (FIT) or a colonoscopy, if you are aged 50 and above.



## DIABETES

- **Why:** One-third of diabetics are not aware they have diabetes. If left uncontrolled, it can lead to serious problems such as heart disease, blindness and amputations.
- **How:** Get a fasting blood-glucose test. This is a simple blood test that is done after fasting overnight.

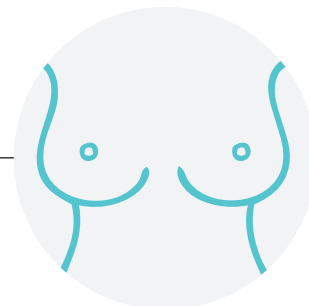


## HYPERTENSION

- **Why:** It is often called the silent killer because, even when it is severe, it may not give rise to any symptoms. If uncontrolled over time, it raises your risk of getting heart problems and stroke.
- **How:** Measure your blood pressure.

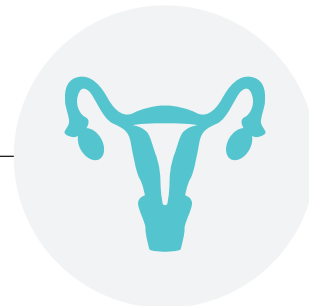
## HIGH BLOOD CHOLESTEROL

- **Why:** Like hypertension, this can lead to heart disease and stroke.
- **How:** Go for a fasting lipids test. This is a simple blood test but you are required to fast for eight to 10 hours before screening.



## BREAST CANCER

- **Why:** This is the most common cancer for women. It is easier to treat if it is detected early.
- **How:** Do a mammogram, which is an X-ray of the breast, from the age of 40.



## CERVICAL CANCER

- **Why:** It's one of the most preventable and treatable of cancers.
- **How:** Get a Pap smear, if you are sexually active. This tests for the presence of precancerous or cancerous cells in the cervix.

## SCREEN FOR LIFE

- This is the national screening programme that offers subsidised screenings, recommended based on age and gender.
- It will be enhanced from Sept 1. Besides Pioneer Generation and Community Health Assist Scheme (Chas) cardholders, other Singaporeans will be able from Sept 1 to access subsidised screening and a follow-up consultation, if needed, at a low, fixed fee.
- This is as long as they are recommended by HPB to go for screening. The rate – available only at Chas GP clinics – will be fixed at \$5 for eligible Singaporeans and \$2 for eligible Chas cardholders. Eligible Pioneers will not have to pay.

NOTE: These are the key screening tests that benefit all adults or women, as recommended by the Health Promotion Board (HPB). Other tests may benefit only some people or are unnecessary.