

# PREVENTATIVE TESTING

## The purpose and benefits of preventative testing

Preventative care is a healthcare service that includes tests and screenings which are performed to check your health status and keep you healthy. These tests typically look for diseases before symptoms are present and can include cancer screenings, diet and obesity measurements, testing for sexually transmitted infections, and other serious illnesses, such as heart disease, for example.

Early detection around disease risk can help you to proactively take measures together with your doctor to prevent chronic illnesses and treat a disease in the most effective manner.

Knowing about a health problem, or an increased possibility of a health problem can allow you to make better informed decisions about your current lifestyle and health choices.

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### For example:



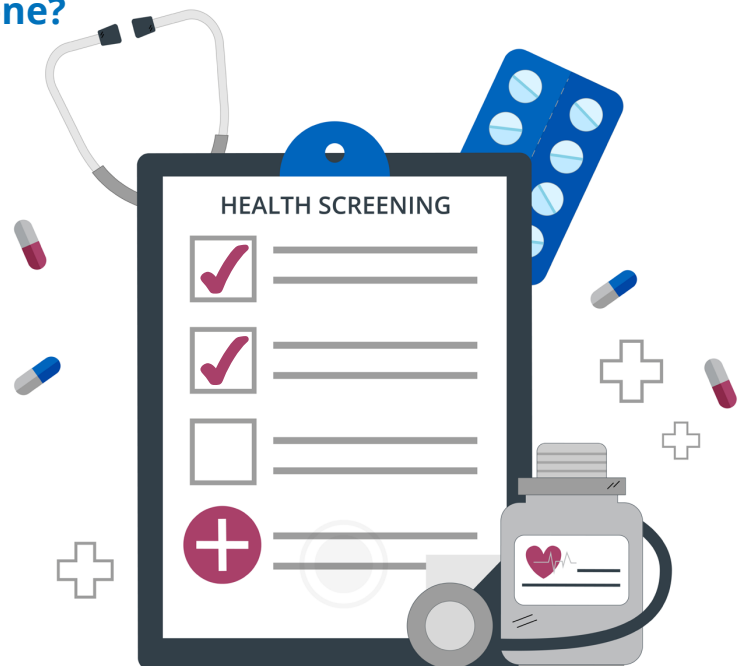
It's a well-known fact that with age, stress and unhealthy lifestyle habits, we become more vulnerable to chronic conditions and dread diseases. Regular medical screenings and tests are therefore important for **self-care** and to secure a **healthy future**.

## Where can one get preventative tests done?

- General practitioners
- Pharmacies
- CANSA care centers
- Participating clinics and wellness centers

## Preventative test examples

- Blood glucose
- Blood pressure
- Cholesterol
- Body mass index (BMI)
- PSA test
- Bowel cancer screening
- Glaucoma screening
- HIV screenings
- Mammogram
- Pap smear



## World No Tobacco Day

Medical schemes clearly understand the risks associated with smoking, as it is a known fact that smokers are more prone to certain diseases. For this reason, medical schemes often are willing to fund smoking cessation programmes.

**Enquire with your medical scheme regarding the programmes and benefits they offer.**

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