

Even if you feel ok, it's important to check in on yourself regularly. This will help prevent future problems and give you peace of mind, especially if there's family history of particular illnesses. But keeping an eye on your health doesn't have to be complicated. Depending on your age, there are a few important checks your doctor can perform, to make sure you keep in good health.

### AGE 18 - 39

- **Blood pressure – at least every 2 years.**

If the top number (systolic) is from 120 to 139, or the bottom number (diastolic) is from 80 to 89 mm Hg, you should have it checked every year. If you have diabetes, heart disease or kidney problems, you may need to have your blood pressure checked more often, but still at least once a year.

- **Cholesterol and heart disease – at least every 5 years.**

If you don't have any risk factors, you can have your first check at age 35 but if you know of any family history with coronary heart disease, it's good to start testing at age 20. If you have diabetes, heart disease or kidney problems, you may need to be checked more often.

- **Diabetes screening – as needed.**

If your blood pressure is 130/80mm Hg or higher, your doctor may test for diabetes. If your body mass index (BMI) is over 25 and you have other risk factors for diabetes, you should be screened.

- **Eye exam – at least every 2 years.**

Even if you don't have vision problems, have an eye exam every 2 years or more often if recommended by your doctor.

- **Testicular exam – every now and then.**

Testicular cancer often affects young men. So being aware of how your testicles feel helps you know if there's a change. If you notice a change that isn't normal for you, talk it over with your GP. It's likely nothing to worry about but it's worth putting your mind at rest.

