



Foothold

Supporting engineers

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 40-64

- **Bowel cancer screening**

If you're under 55, you should get checked if you have family history of colon cancer or polyps. The same applies if you have risk factors such as a history of inflammatory bowel disease or polyps. If you're over 55, it's good to get checked even if there aren't any risk factors.

- **Prostate cancer screening – when there's change in your testicular self-exam.**

If you feel a change that's not normal for you, speak to your GP about the benefits of a PSA screening.

