



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 65 and over

- **AAA screening – age 65**

Abdominal aortic aneurysm screening is a way of checking if there's any swelling in the aorta. It's a painless, reliable ultrasound test you can request from your GP.

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

If you have diabetes, heart disease or kidney problems, you may need to be checked more often.

- **Bowel cancer screening – every 2 years**

This check won't diagnose cancer, but it can detect potential problems before any symptoms appear.

- **Diabetes screening - every 3 years**

But if you're overweight and have other risk factors for diabetes, ask to be checked more often.

