

AGE RELATED SCAN'S TESTS

Blood cholesterol every 1-2 years over 45 years (heart foundation)
Blood pressure at least once a year but every visit to the doctor when over 40
Breast self-exam
Breast physician exam
Breast mammogram
Complete physical exam 20-30 every 5 years, 30-60 once every 2 years, over 60, once a year.
Pap smear women over 18 every 2 years
PSA men over 40 once a year
Bowel cancer tests over 40 once a year

How do you perform a Self Breast Exam?

This has been adapted from beastcancer.org; it should be performed at the same time each month so that you can regularly monitor any changes that occur.

1. Look in the mirror with shoulders straight and your arms on your hips. Look that your breasts have the usual size, shape and colour. They should be evenly shaped and not have any obvious distortion or swelling. Go straight to your doctor if there is any dimpling, puckering or bulging.
2. *Raise your arms and look for the same in the mirror.
3. You should check the nipple and make sure that no fluid is being discharged (white, yellow, watery, milky or blood)
4. Then you should lie down and feel your breasts using the pads of the first few fingers with a firm touch. Keep the fingers together and flat and move them around in a circular motion. You should cover the entire breast starting from your clavicle bone and to the armpits and the entire section.
5. Repeat this whilst you are sitting or standing and some women find it easy in the shower.