

Routine Health checks

Benefits of Regular Check-Ups

1. Lower Healthcare Costs

The thought of a huge doctor's bill is daunting to the best of us.

If one wants to cut down on the healthcare costs they may incur it is important that one schedules a regular health screening.

These regular check-ups ensure that you save money in the long run. This is the case because regular health check-ups mitigate the risk of potential health ailments that can turn out to be dangerous. I

t can also, in certain cases, help reduce the risks of undergoing surgery and other serious medical expenditure.

2. Nips Diseases in the Bud

Regular medical check-ups help the doctors diagnose a disease before it advances to greater proportions.

These screenings are done on the basis of an individual's age, sex, history, and lifestyle choices.

The doctors can advise numerous tests and preventative screenings to help detect any risk to the patient. These screenings can identify diseases at the onset making it easier to cure them.

3. Blood Tests

During a regular health screening a doctor may also ask you to do a blood test.

These are done in order to eliminate the risk of diseases that can show up in your blood.

These include cholesterol, diabetes, cancer, high blood pressure, anaemia, HIV/AIDS, as well as coronary artery diseases. Blood tests also help doctors to properly evaluate the functioning of various body organs like liver, kidneys, heart and thyroid.

5. Identifies Stress-Related Diseases

We live in an extremely fast-moving world with hectic work schedules and lifestyles.

This can spark off a variety of diseases in the human body that are brought on by stress. Increase in stress and anxiety have been found to be directly related to a number of different diseases that are both physical as well as psychological.

These include hypertension, high blood pressure, weight gain, mental disorders, Alzheimer's, depression, asthma, and even gastrointestinal problems. Regular medical check-ups make sure that it is easier to diagnose and detect these problems before they turn too severe.

Regular check-ups can make sure that you get the advise and support you need from your doctor to help stave off the ills of a high-stress lifestyle.

6. Keeps You Abreast of Your Health

Your screening results will tell your doctor all they need to know about your health. Depending upon them they may warn you and/or give you advice on how you can better maintain your health.

A simple example is how so many people ignore their dental health. This can exacerbate very rapidly and cause problems at a later stage. When identified at an early stage problem can be handled with small changes in lifestyle.

On the other hand, if the problem is detected at an already exacerbated stage, it becomes very difficult to manage it and can even be a major financial drain on the

patient. Regular check-ups are a great way to stay aware of what you can do to improve your health and reduce your risk of diseases.

- Essential Tests and Screenings
- Cholesterol
- Diabetes
- High Blood Pressure
- Body Mass Index (BMI)
- Breast and Cervical Cancer Early Detection
- Colorectal Cancer Screening
- Oral Health for Adults
- Immunization Schedules
- Skin Cancer
- Prostate Cancer Screening
- Viral Hepatitis
- HIV/AIDS

In case the doctor suspects something else he or she will advise the necessary check-ups and screenings for the patient with the relevant follow-ups.