



KEY CHECK UPS IN YOUR 20'S

Questions for the GP

- Blood pressure & iron levels
- General health
- Diabetes risk test
- Sexual Health checks
- Cervical cancer screening
- Self check breasts/screening
- Skin checks
- Tetanus & whooping cough injections
- Pap smear every 3 years
- Pre pregnancy check up



KEY CHECK UPS IN YOUR 30'S

Questions for the GP

- Blood pressure & cholesterol
- General health check
- Diabetes risk test
- Skin checks
- Cervical cancer screen
- Papsmear every 3 years
- Breast self checks/screening
- Eye testing every 2 years
- Tetanus & whooping cough
- Pre-pregnancy check up



KEY CHECK UPS IN YOUR 40'S

Questions for the GP

- Blood pressure & cholesterol
- lung cancer screen if smoked
- Breast check and screening
- Annual skin checks
- Cervical cancer screening
- Perimenopause checks
- Diabetes and thyroid
- Tetanus, pneumococcal
- Dental, eyes, hearing
- Papsmear



KEY CHECK UPS IN YOUR 50'S

Questions for the GP

- Breast screening every 2 yrs
- Bowel test
- Annual skin check up
- Cervical cancer screen
- Lung cancer screen
- Menopause symptoms
- Hearing, eye testing
- Dental review
- Osteo check/bone density
- Tetanus, shingles, pneumococcal



KEY CHECK UPS IN YOUR 60+

Questions for the GP

- Bowel test
- Breast screen every 2 years
- Diabetes check
- Osteo check/bone density
- Menopause symptoms
- General health checks
- Annual skin checks
- Tetanus, shingles, flu
- hearing, eye, dental
- cholesterol and heart
