

Feel Well

Health checks & screening for women

We are fortunate that in the UK, the NHS provides some preventative care as well as attending to health concerns. Screening is a way of finding out if people have a higher chance of having a health problem, so early treatment can be offered if needed. This usually provides a better outcome due to early diagnosis.



Early detection is key to successful treatment

Our physical and mental health interrelate in a unique way to form a critical component of overall wellbeing, and helped by the notion that preventive care should play a key role encouraged by maintaining a healthy lifestyle. Regular health screenings are vital for early detection and management of various conditions. In this fact sheet, we'll explore some of the recommended health screenings that every woman should prioritize to ensure a proactive approach to her well-being.

Breast cancer and mammograms

One of the most crucial screenings for women is a mammogram, an X-ray of the breast tissue. Mammograms can detect breast cancer at an early stage when it's most treatable. Women are generally advised to start regular mammogram screenings at the age of 40, or earlier if they have a family history of breast cancer.

Cervical Screening

Pap Smears and HPV Tests:

Regular Pap Smears are essential for detecting cervical cancer or abnormalities in the cervix. Additionally, human papillomavirus (HPV) testing is often recommended, as certain strains of HPV can lead to cervical cancer. Women should discuss with their healthcare provider about the appropriate frequency of these screenings based on their age and medical history.

Bone Density Screening

Osteoporosis, a condition characterised by weakened bones, is more common in women, especially as they age. Bone density testing helps in identifying the risk of fractures and bone loss. Women over the age of 65 or those with specific risk factors may be advised to undergo bone density testing.

Cholesterol & Blood Pressure checks

Heart health is paramount for overall wellbeing. Regular checks for cholesterol levels and blood pressure are essential in preventing heart disease. Women should have their cholesterol levels and blood pressure monitored regularly, with lifestyle adjustments or medication prescribed.

Thyroid function tests

Thyroid disorders, such as hypothyroidism or hyperthyroidism, are more prevalent in women. Regular thyroid function tests can help identify and manage these conditions, preventing potential complications such as weight gain, fatigue, or heart issues.

Colonoscopy

Colorectal cancer screenings are crucial for both men and women. Starting at age 50, women should consider regular colonoscopies to detect and prevent colorectal cancer. However, those with a family history or other risk factors may need to start screenings earlier.

Diabetes

As diabetes can have specific impacts on women's health, regular screenings for diabetes are essential. Blood sugar tests can help detect diabetes early, allowing for better management and prevention of complications.

In conclusion

Health screening is a proactive step women can take to safeguard their wellbeing. Regular check-ups and screenings enable early detection of potential health issues, allowing for timely intervention and improved outcomes. Women should work closely with their healthcare providers to create a personalised screening plan based on their age, family history, and individual health risks.

By staying informed and proactive, women can empower themselves to lead healthier, more fulfilling lives.