

What
You Need
To Know
About



Health Screening

健康检查须知事项






Apa yang anda
perlu tahu tentang
pemeriksaan kesihatan

உடல்நலப் பரிசோதனைக்
குறித்து உங்களுக்குத்
தெரிய வேண்டியவை



Overview

What You Need To Know About Health Screening

Female	 18 TO 39 YEARS	 40 TO 49 YEARS	 50 YEARS AND ABOVE
To screen for			
Diabetes Screening Test Fasting blood glucose	✓ ¹	✓	✓
	Frequency: Once every three years		
Diabetes Risk Assessment Short questionnaire on www.letsbeatdiabetes.sg/DRA	✓		
	Frequency: Changes to any of the risk factors ²		
Obesity Screening Test Body-Mass Index (BMI)	✓	✓	✓
	Frequency: Once a year		
High Blood Pressure Screening Test Blood pressure measurement	✓	✓	✓
	Frequency: Once every two years		
High Blood Cholesterol Screening Test Fasting lipid profile	✓ ¹	✓	✓
	Frequency: Once every three years		
Colorectal Cancer Screening Test 2-day Faecal Immunochemical Test (FIT)			✓
	Frequency: Once a year		
Breast Cancer Screening Test Screening mammogram			✓
	Frequency: Once every two years		
Cervical Cancer Screening Test Pap Test (25 years and above ³)	✓	✓	✓
	Frequency: Once every three years		

Male	 18 TO 39 YEARS	 40 TO 49 YEARS	 50 YEARS AND ABOVE
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	Frequency: Once a year		

To learn more about which vaccines are suitable for you, please refer to screenforlife.sg.

Note: Screening can start at an earlier age or be done more frequently if a client has risk factors for the disease. Please discuss this further with your doctor.

¹ Only for those found to be At Risk via the Diabetes Risk Assessment.

² Continue practising a healthy lifestyle. You are recommended to re-take the DRA every two years, or as often as there are changes in the variables (e.g. age, weight or high blood pressure history).

³ For females 25 years and above, who have ever had sex.

Why should I go for screening?

Many diseases are “silent” in the early stages- you may have the disease but have no symptoms and feel completely well. **Regular screening can help you detect medical conditions early before they progress, reducing the chances of complications (and financial strain).** This allows for earlier and therefore more effective treatment and management. Screening can also give you peace of mind if you get a normal result and know you do not have the disease.

On the day of the appointment:

If you are unwell or on medication, check with your doctor if you can or should take the test.

If you are going for a fasting blood glucose or lipid test, you are required to fast (no food or drinks except water) for 8 to 10 hours before your appointment time.

What should I do after my screening?

If you develop signs or symptoms after your screening, please see your doctor immediately– do not wait for your next screening appointment.

Your Community Health Assist Scheme General Practitioner (CHAS GP) will contact you regarding your results either via a telephone consultation or request that you make a face-to-face appointment to receive your results. If you have not heard from your GP within 2 weeks of your screening test, you are strongly advised to contact your GP clinic.

‘Normal’ screening results

If your screening results are normal, you should **continue to go for regular screening at the recommended frequency** so that any medical conditions that develop, can be detected at an early stage.

‘Borderline’ or ‘Abnormal’ results

A borderline or abnormal screening result does not always mean that you have the medical condition. For either of these results, please **consult your doctor, who will explain your results, and recommend further tests if required.** Your doctor will also be able to recommend healthy lifestyle options suitable for you, in

addition to the treatment options. Early treatment and good control of the disease can result in better outcomes and prevent or delay serious complications.

How can I reduce my risk for screened conditions?



Be Aware

Know your risk and screen regularly.



Eat Right

Eat in moderation, choose more whole-grains, fruits and vegetables and reduce intake of sugar and saturated fat.



Adopt an Active Lifestyle

Stay fit by engaging in at least 150 minutes of physical activity weekly.



Take Control

Manage your medical condition through check-ups with your family doctor.



Do not Smoke



Limit Alcohol Intake

Screening for Diabetes

Complications of uncontrolled diabetes include heart attack, stroke, blindness, kidney failure and amputation.

What is diabetes?

Diabetes is a condition in which the body either produces too little insulin (a hormone that keeps the blood sugar level in balance), or the body does not respond properly to insulin, resulting in high amounts of sugar in the blood. There are three main types of diabetes: Type 1 diabetes (usually inherited and cannot be prevented), Type 2 diabetes (the most common type of diabetes and may be prevented) and gestational diabetes (which happens during pregnancy).

Pre-diabetes



Pre-diabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as Type 2 diabetes.

How can I screen for diabetes?

 18-39 years old	 40 years old and above
You are encouraged to take the Diabetes Risk Assessment (DRA), which would then be followed by an invitation for screening should you be identified to be at-risk of diabetes.	It is recommended that you screen for diabetes using a fasting (venous) blood glucose test. Your Community Health Assist Scheme (CHAS) doctor will be able to offer this to you. Remember to call your doctor early to book an appointment. You will also need to fast (no food or drinks except water) for 8 to 10 hours beforehand, hence it is recommended that your appointment is in the morning.

Diabetes Risk Assessment (DRA)

The Diabetes Risk Assessment is a simple questionnaire available at HPB's HealthHub, which you can use to assess if you are at risk of diabetes. With early detection and appropriate interventions, you can prevent or delay the onset of diabetes as well as the complications related to it.

The DRA is available on www.letsbeatdiabetes.sg/DRA.

* The DRA does not predict your lifetime risk for developing diabetes. Results only identify your risk of diabetes at the point of assessment.

If your DRA outcome is:

NOT AT RISK	AT RISK
Continue practising a healthy lifestyle. You are also recommended to re-take the DRA every two years, or as often as there are changes in the variables (e.g. age, weight or high blood pressure history).	You will be invited for subsidised screening at a CHAS GP clinic of your choice*. Your GP will recommend basic screening tests to determine your diabetic status at that point. We recommend that you make an appointment as there are pre-screening instructions for you to take note of. Booking an appointment with your GP facilitates your screening visit.

*This subsidy is only applicable to Singaporeans who have logged in to MyHealth on HealthHub via Singpass to claim the Screen for Life screening package. Eligibility is subject to HPB's Screen for Life screening eligibility criteria.

How do I prepare for a fasting blood glucose test?

You are required to fast (no food or drinks except water) for 8 to 10 hours before your appointment time.



Screening for

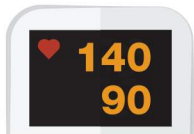
High Blood Pressure (Hypertension)

The older you are, the higher the chances of having hypertension.

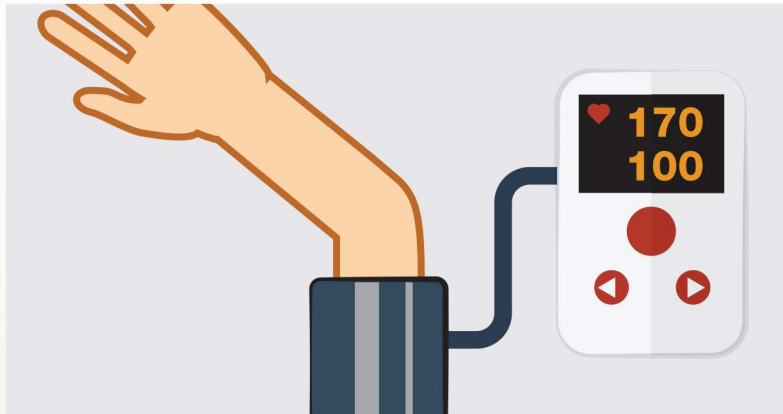


What is high blood pressure (hypertension)?

Hypertension or high blood pressure refers to the condition in which the blood is pumped around the body at higher than normal pressure. Blood Pressure (BP) is described by two numbers, for example:



You may have high blood pressure if your BP readings are consistently high, namely your systolic BP is 140mmHg or more, or your diastolic BP is 90mmHg or more (mmHg is millimetres of mercury, a measure of pressure).



How can I screen for hypertension?

It is recommended that you screen for hypertension by checking your BP readings once every 2 years. Your doctor will be able to record your blood pressure readings when you visit him/her for any condition.

Screening for

High Blood Cholesterol

High levels of 'bad' cholesterol can block your blood vessels, reducing blood flow, resulting in an increased risk of heart disease and stroke.



What does high cholesterol levels mean?

This refers to higher than normal levels of cholesterol in the blood. Along with other fatty substances like triglycerides, these are collectively known as "lipids". There are 2 categories of cholesterol:



High Density Lipoprotein (HDL) Cholesterol

Commonly known as the "good" cholesterol. It removes excess cholesterol from the blood therefore lowering your risk of heart disease.



Low Density Lipoprotein (LDL) Cholesterol

Often called the "bad" cholesterol. It can build up slowly in your blood vessels to form cholesterol plaques.

How can I screen for high cholesterol levels?

It is recommended that you screen for high cholesterol using a fasting (venous) blood lipid test once every three years. Your CHAS doctor will be able to offer this test to you. Remember to call your doctor early to book an appointment.

How do I prepare for a fasting blood lipid test?

You are required to fast (no food/drinks except water) for 8 to 10 hours before your appointment time.

Screening for Colorectal Cancer

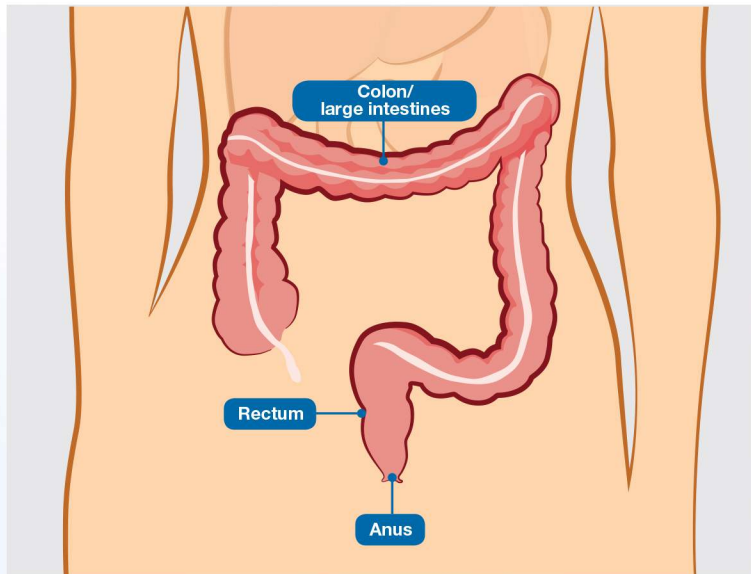


50 YEARS AND ABOVE

What is colorectal cancer (CRC)?

Colorectal cancer is cancer of the large intestine (colon including the rectum), which is the last part of your digestive system. It is also known as bowel cancer. Most causes of CRC begin as small, non-cancerous growths attached to the colon wall.

These growths called polyps can become cancerous over time. If they are detected early and removed, colorectal cancer can be prevented.



How can I detect CRC early?

Do a Faecal Immunochemical Test (FIT) at home once a year.

Alternatively, you may choose to go for a screening colonoscopy once every 10 years, available only at hospitals.

Colorectal cancer is the most common cancer diagnosed among Singaporeans.

Note: If you have any risk factors for CRC (e.g. family history of the disease) or if you can see blood in the toilet bowl after a bowel movement, do not carry out the FIT. Speak to your doctor to find out what tests to do in your case.

What is the Faecal Immunochemical Test?

It is a simple screening test

- Detects CRC through the presence of small amounts of blood (that cannot be seen with the naked eye) in the stools.
- Quick and easy to do, and can be done at the comfort of your home, without the need to change your diet before the test.



What should I do if I am interested in screening for colorectal cancer?

Collect your FIT kit at a CHAS GP clinic. It will contain specific instructions on how to do the test.

What can I do to reduce my risk of developing CRC?

Not smoking, being physically active, enjoying a healthy diet with plenty of fresh fruit and vegetables, maintaining a healthy body weight and doing a regular FIT test can all help to reduce your risk of CRC.

What are the signs and symptoms of CRC?

- Persistent abdominal discomfort such as pain or bloating.
- Blood in stools.
- Persistent changes in bowel habits including diarrhoea or constipation (not being able to move the bowels).

Should any of these symptoms occur, seek help from your GP instead of attending screening.

Screening for Cervical Cancer

Cervical cancer is one of the preventable cancers and is curable if detected and treated in the early stages.



25 TO 39 YEARS

For females 25 years and above, who have ever had sex.



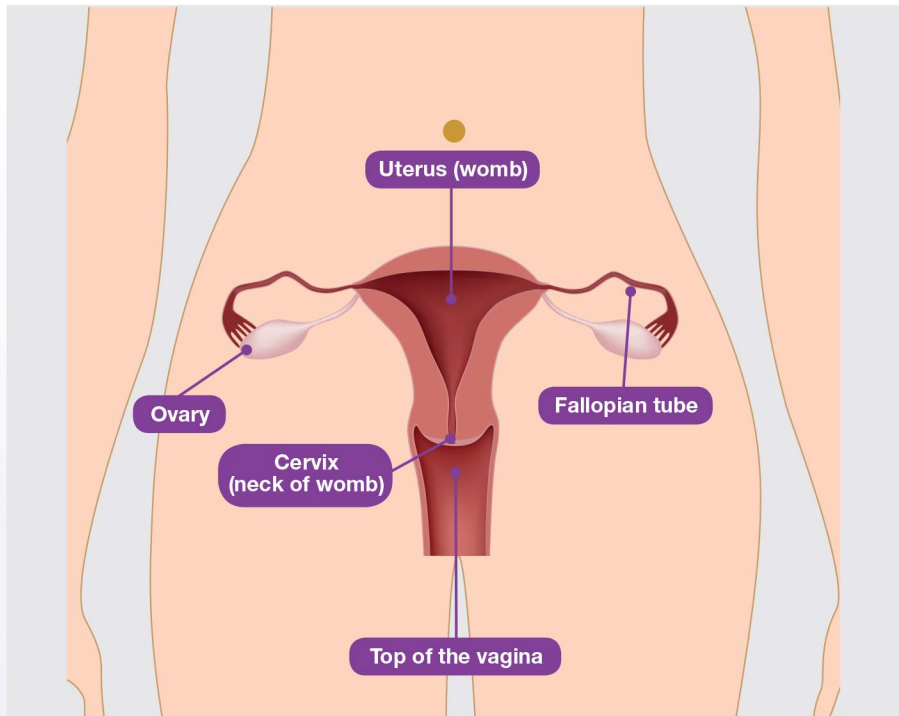
40 TO 49 YEARS



50 YEARS AND ABOVE

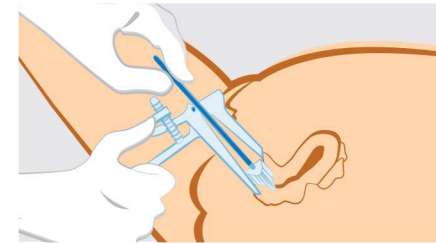
What is cervical cancer?

It is a cancer of the lower part of the womb, i.e. the cervix, and is mainly caused by the human papillomavirus (HPV) that can be spread via skin to skin contact during sexual activity. This is why HPV vaccination is so important in the prevention of cervical cancer before the first sexual activity.

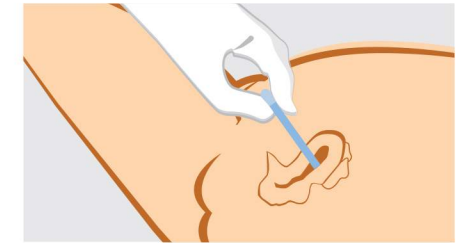


What is a Pap test?

It is a simple procedure to check for abnormal cell changes in the cervix.



During a Pap test, a doctor or nurse will gently insert an instrument into the vagina.



A small soft brush is then used to collect some cells from the cervix, which are sent to the laboratory for analysis.

Where can I go for my Pap test?

- Pap test screening is conducted at all polyclinics and selected CHAS GP clinics.

How do I prepare for a Pap test?

Before screening

- Make your appointment which should fall two weeks after the start of your menses.
- Avoid having sexual intercourse and using spermicides, vaginal creams, lubricants, vaginal medications or tampons 48 hours before the test.

Day of screening

- Wear a two-piece outfit as you will need to undress from the waist down.

How can I protect myself from cervical cancer?

- Go for HPV vaccination (for females 9 to 26 years old).
- Even with HPV vaccination, it is important to go for Pap test screening once every three years.

What are the signs and symptoms of cervical cancer?

- No signs in the early stages.
- Unusual or bad-smelling vaginal discharge.
- Bleeding after menopause, after sexual activity, or when you are not having your period.

Should any of this symptoms occur, please see your doctor instead of going for screening.

Screening for Breast Cancer



50 YEARS AND ABOVE

What is breast cancer?

Breast cancer is cancer of the breast cells and tissues. It is the most common cancer among Singaporean women. The chances of developing it increases with age, or if your mother, sister or daughter has had breast cancer.

What is a screening mammogram?

- It is a breast X-ray done to detect abnormal changes in breast tissue.
- During the process, a female radiographer positions your breast between two flat plates and compresses it for a few seconds while an X-ray is taken.
- The process is performed on one breast at a time.
- You may experience some discomfort during the process. Be sure to inform your radiographer if you are in pain. Try to relax and breathe calmly during the procedure.



Breast cancer is the most common cancer among women in Singapore.

Regular mammogram is the most reliable way to detect breast cancer, even before any lumps can be felt.

How should I prepare for a screening mammogram?

Before screening

- Book your appointment which should fall one week after the first day of your menstruation. Your menses can increase breast tenderness and tissue sensitivity, so arranging to have your mammogram a week later will reduce the tenderness and make the mammogram less uncomfortable.

Day of screening

- Wear a two-piece outfit as you will need to undress from the waist up.
- Do not use any perfume, deodorant, powder or ointment on your underarms or breasts as this can affect image clarity.

Who can participate in mammograms under the Screen for Life programme?

Women aged 50 and above¹ who

- have not been breastfeeding for the last 6 months.
- do not have silicone breast implants or injectables.²
- have no symptoms such as breast lumps or blood-stained nipple discharge.

¹ Women aged 40-49 can screen for breast cancer but they should talk to their doctor about the benefits and limitations of screening mammograms in this age group so that they can make an informed choice about going for screening. If they do, they should get screened annually.

² Women who are unsure about their implants would be advised to check with their screening centres.

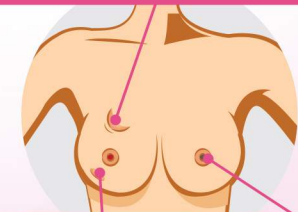
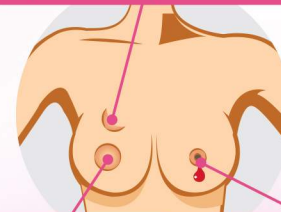
What can I do to reduce my risk of developing breast cancer?

Reducing alcohol use, not smoking, maintaining a healthy weight, doing regular physical activity, practising regular breast self-examination, and going for a regular mammogram can reduce your risk.

What are the common signs and symptoms of breast cancer?

A painless lump on the breast

Swollen or thickened skin on the breast



Persistent rash around the nipple

Bleeding or unusual discharge from the nipple

Small inward dent or wrinkled skin

Nipple that is drawn inwards

If you have any signs or symptoms, do not wait for a screening test. Make an appointment immediately to visit your doctor for a consultation.

Useful Contacts

Screen for Life (SFL)

Email: ScreenForLife@hpb.gov.sg

HPB HealthLine

Tel: 1800 223 1313

Website: www.hpb.gov.sg

CHAS GP clinics

For more information on your nearest CHAS GP Clinic offering SFL screening services, visit www.chas.sg/clinic_locator.aspx

Polyclinics & Other Screening Centres

Call **6275 6443**  / **6355 3000**  to make, change or cancel an appointment at the following polyclinics:

North

Ang Mo Kio Polyclinic  
Hougang Polyclinic  
Woodlands Polyclinic  
Yishun Polyclinic  

Central

Toa Payoh Polyclinic  

West

Bukit Batok Polyclinic  
Choa Chu Kang Polyclinic  
Clementi Polyclinic  
Jurong Polyclinic  
Pioneer Polyclinic  

Call **6536 6000**  / **6643 6969**  to make, change or cancel an appointment at the following polyclinics:

North

Sengkang Polyclinic  

Central

Bukit Merah Polyclinic  

South

Outram Polyclinic 
Queenstown Polyclinic 

East

Bedok Polyclinic  
Geylang Polyclinic  
Marine Parade Polyclinic  
Pasir Ris Polyclinic  
Tampines Polyclinic  

Radiologic Clinic

Tel: 6533 2721



X-Ray (at the Health Promotion Board, Level 4)

Singapore Cancer Society

for women with a valid Community Health Assist Scheme (CHAS) card

Tel: 6499 9133

Legend

-  Breast mammogram services available
-  Cervical Pap test services available

For updated information, please go to screenforlife.sg for more information about their services and contact numbers.