

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 பரிசோதனை  
குறித்து உங்களுக்குத்  
தெரிய வேண்டியவை



# Overview

## What You Need To Know About Health Screening

Female			
To screen for	18 TO 39 YEARS	40 TO 49 YEARS	50 YEARS AND ABOVE
<p><b>Diabetes</b>  <b>Screening Test</b>            HbA1c<sup>5</sup>            Fasting blood glucose<sup>5</sup></p> <p><b>Diabetes Risk Assessment</b>            Short questionnaire on <a href="http://www.letsbeatdiabetes.sg/DRA">www.letsbeatdiabetes.sg/DRA</a></p>	✓ <sup>1</sup>	✓	✓
	Frequency: Once every three years		
	✓		
	Frequency: Changes to any of the risk factors <sup>2</sup>		
<p><b>Obesity</b>  <b>Screening Test</b>            Body Mass Index (BMI)</p>	✓	✓	✓
	Frequency: Once a year		
<p><b>High Blood Pressure</b>  <b>Screening Test</b>            Blood pressure measurement</p>	✓	✓	✓
	Frequency: Once every two years		
<p><b>High Blood Cholesterol</b>  <b>Screening Test</b>            Lipid Profile<sup>5</sup></p>	✓ <sup>1</sup>	✓	✓
	Frequency: Once every three years		
<p><b>Colorectal Cancer</b>  <b>Screening Test</b>            2-day Faecal Immunochemical Test (FIT)</p>			✓
	Frequency: Once a year		
<p><b>Breast Cancer</b>  <b>Screening Test</b>            Screening mammogram</p>			✓
	Frequency: Once every two years		
<p><b>Cervical Cancer</b><sup>3</sup>  <b>Screening Test</b>            Pap Test (25 to 29 years)<sup>4</sup></p> <p>HPV Test (30 years and above)<sup>4</sup></p>	✓	✓	✓
	Frequency: Once every three years		
	✓	✓	✓
	Frequency: Once every five years		

<b>Male</b>	 18 TO 39 YEARS	 40 TO 49 YEARS	 50 YEARS AND ABOVE
<b>To screen for</b>			
<p><b>Diabetes</b>  <b>Screening Test</b>            HbA1c<sup>5</sup>            Fasting blood glucose<sup>5</sup></p> <p><b>Diabetes Risk Assessment</b>            Short questionnaire on  <a href="http://www.letsbeatdiabetes.sg/DRA">www.letsbeatdiabetes.sg/DRA</a></p>	✓ <sup>1</sup>	✓	✓
<b>Frequency:</b> Once every three years			
<p><b>Obesity</b>  <b>Screening Test</b>            Body Mass Index (BMI)</p>	✓	✓	✓
<b>Frequency:</b> Once a year			
<p><b>High Blood Pressure</b>  <b>Screening Test</b>            Blood pressure measurement</p>	✓	✓	✓
<b>Frequency:</b> Once every two years			
<p><b>High Blood Cholesterol</b>  <b>Screening Test</b>            Lipid Profile<sup>5</sup></p>	✓ <sup>1</sup>	✓	✓
<b>Frequency:</b> Once every three years			
<p><b>Colorectal Cancer</b>  <b>Screening Test</b>            2-day Faecal Immunochemical Test (FIT)</p>			✓
<b>Frequency:</b> Once a year			

Find out more about vaccinations at [go.gov.sg/hpv-immunisation](http://go.gov.sg/hpv-immunisation)

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

<sup>1</sup> Only for those found to be 'At Higher Risk' via the Diabetes Risk Assessment.

<sup>2</sup> 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).

<sup>3</sup> Women who have had a total hysterectomy need not go for cervical cancer screening. Check with your doctor to find out more.

<sup>4</sup> For females who have ever had any sexual activity.

<sup>5</sup> Check with your doctor to find out more.

## Why should I go for screening?

Many chronic and medical conditions are “silent” in the early stages – you may have the condition but have no symptoms and still 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 that 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 should take the test.

## 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 do not hear from your GP within two weeks of your screening test, you are strongly advised to contact your GP clinic.

### ‘Normal’ screening results

Even if your screening results are normal, you should **continue to go for regular screening at the recommended frequency. Medical conditions can be detected earlier with regular screening.**

### ‘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 wholegrains, 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.



### Refrain from Drinking

If you must drink during social events, limit yourself to no more than two standard drinks for men, and one standard drink for women.



### Quit Smoking

Become a non-smoker. Whether you are a heavy or social smoker, quitting now will benefit your health and the health of your loved ones.

## Screening for

# Diabetes

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

### What is diabetes?

Our body breaks down the food we eat into sugar (glucose) and releases it into the blood. To help the sugar enter our cells and provide us with energy, the pancreas produces a hormone called insulin.

Diabetes is a condition in which the body either produces too little or does not respond properly to insulin, resulting in high amounts of sugar in the blood.

### Types of diabetes:

#### TYPE 2 DIABETES

This is the most common type of diabetes and **may be prevented**. It is usually found in adults, when the body does not use insulin properly or produce enough of it.

#### TYPE 1 DIABETES

Usually found in children and young adults, although it can occur at any age. It results when the body produces little or no insulin.

#### GESTATIONAL DIABETES

Happens when hormonal changes cause some women to have high blood sugar levels during pregnancy.

## What is pre-diabetes?



Pre-diabetes is a condition in which your blood sugar level is higher than normal but not high enough to be diagnosed as Type 2 diabetes. There are **no signs and symptoms** and it can occur in both adults and children.

Studies have shown that lifestyle changes such as adopting a healthy diet, engaging in regular physical activity and maintaining a healthy weight can reverse pre-diabetes, as well as reduce the risk of Type 2 diabetes.

## How can I screen for diabetes?



**18 TO 39 YEARS**

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 higher risk of developing diabetes.



**40 YEARS AND ABOVE**

You can screen for diabetes using an HbA1c test\*. Your Community Health Assist Scheme (CHAS) doctor will be able to offer this to you. Remember to call your clinic early to book an appointment. **You do not need to fast** beforehand.

\* Check with your doctor to find out more.

## Diabetes Risk Assessment (DRA)

The Diabetes Risk Assessment is a simple questionnaire 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.

Take the DRA at [www.letsbeatdiabetes.sg/DRA](http://www.letsbeatdiabetes.sg/DRA)

Note: 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:

AT LOWER RISK	AT HIGHER RISK
Continue practising a healthy lifestyle. It is recommended that you retake the DRA every two years, or as often as there are changes in the variables (e.g. age, weight or high blood pressure history).	<p>You will be invited for subsidised screening at a CHAS GP clinic of your choice.*</p> <p>Your GP will recommend basic screening tests to determine if you have diabetes. We recommend that you book an appointment with your GP as it helps facilitate your screening visit.**</p>

\*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.

\*\*Remember to call your clinic early to book an appointment and check for any pre-screening instructions.

### How do I prepare for an HbA1c test?

Please consult your doctor before screening as some conditions may affect the reading.



# WHAT DO YOUR TEST RESULTS MEAN?

## HbA1c Test

6.0% and below	6.1 to 6.9%	7.0% and above
No Diabetes	Recommended to do Fasting Plasma Glucose Test (FPG)/ Oral Glucose Tolerance Test (OGTT)	Diabetes
No further screening tests needed unless clinical suspicion is high* Continue 3-yearly screening		Continue clinical management No further screening tests needed

## Fasting Plasma Glucose Test (FPG)/ Oral Glucose Tolerance Test (OGTT)

FPG $\leq$ 6.0 mmol/L	FPG 6.1 – 6.9 mmol/L AND OGTT 7.8 – 11.0 mmol/L	FPG $\geq$ 7.0 mmol/L AND OGTT $\geq$ 11.1 mmol/L
No Diabetes	Pre-diabetes	Diabetes
Continue 3-yearly screening	Screening as advised by doctor	Continue clinical management No further screening tests needed

\* Symptoms suggestive of diabetes

- Frequent urination • Increased thirst • Weight loss with no obvious cause • Frequent skin infections
- Wounds that heal slowly • Blurred vision

## Screening for

# High Blood Pressure (Hypertension)

As you grow older, your risk of having high blood pressure increases.



18 TO 39 YEARS



40 TO 49 YEARS

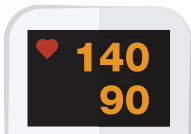


50 YEARS AND ABOVE

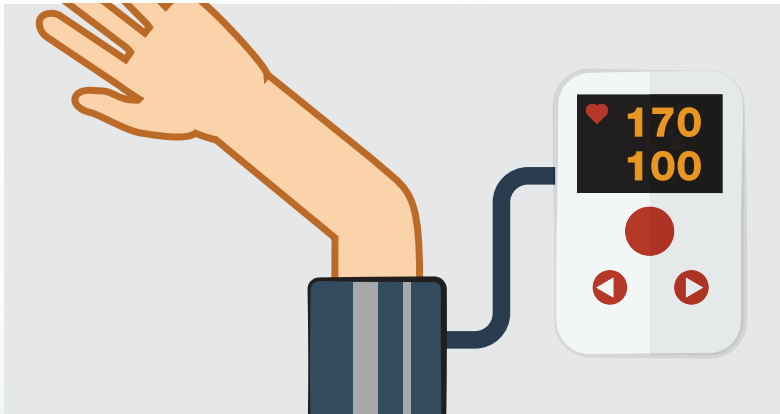


## What is high blood pressure (hypertension)?

High blood pressure or hypertension 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. That means your systolic BP is 140mmHg or more, or your diastolic BP is 90mmHg or more (mmHg is millimetres of mercury, a measurement of pressure).



## How can I screen for hypertension?

It is recommended that you screen for hypertension by checking your BP readings once every two years. Your doctor will be able to record your blood pressure readings at least once 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 stroke and heart conditions.



18 TO 39 YEARS



40 TO 49 YEARS



50 YEARS AND ABOVE



## What is high blood cholesterol?

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 two 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 conditions.



### Low Density Lipoprotein (LDL) Cholesterol

Often called the 'bad' cholesterol. It can build up slowly to form cholesterol plaques which can block your blood vessels.

## How can I screen for high cholesterol levels?

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

## How do I prepare for a blood lipid test?

Please consult your doctor before screening.

## Screening for

# Colorectal Cancer

Colorectal cancer is the most common cancer diagnosed among Singaporeans.



50 YEARS AND ABOVE

### What is colorectal cancer?

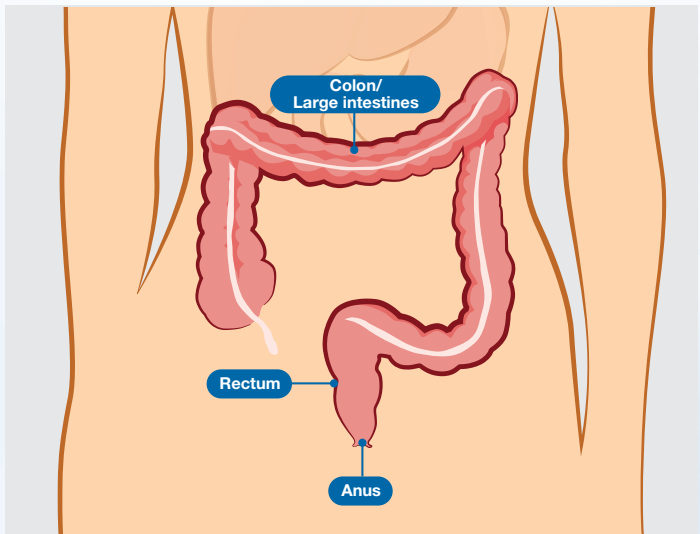
Colorectal cancer is cancer of the large intestine (colon including the rectum), which is the last part of the digestive system. It is also known as bowel cancer. Most colorectal cancers begin as small, non-cancerous growths attached to the colon wall.

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

### What are the signs and symptoms of colorectal cancer?

- Persistent abdominal discomfort such as pain or bloating
- Blood in stools
- Persistent changes in bowel habits including diarrhoea or constipation (inability to move the bowels)

Should you experience any of these symptoms, seek help from your GP instead of going for screening.



## How can I detect colorectal cancer early?

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

Alternatively, you may choose to go for a screening colonoscopy once every 5 to 10 years. Subsidies are available for all citizens at restructured hospitals.

Note: If you have any risk factors for colorectal cancer (e.g. family history of the disease) or find blood in your stools, do not carry out the FIT. Please consult your doctor in this case.

## What is the Faecal Immunochemical Test (FIT)?

**It is a simple screening test**

- Detects colorectal cancer 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



## How can I screen 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 colorectal cancer?

Reducing alcohol intake, quitting smoking, staying physically active, maintaining a healthy body weight and doing regular FIT tests can all help to reduce your risk of colorectal cancer.

## Screening for

# Cervical Cancer

Cervical cancer is one of the most preventable cancers and is almost 90% treatable when detected at an early stage.



**25 TO 39 YEARS**

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



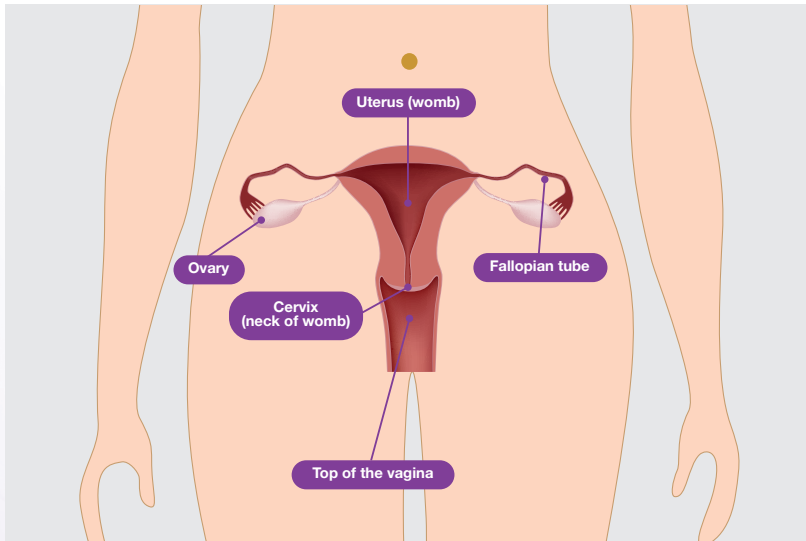
**40 TO 49 YEARS**



**50 YEARS AND ABOVE**

## What is cervical cancer?

It is a cancer of the lower part of the womb, i.e. the cervix. It is mainly caused by a long-lasting human papillomavirus (HPV) infection that can be spread via skin-to-skin contact such as sexual activity.



## All about human papillomavirus (HPV)

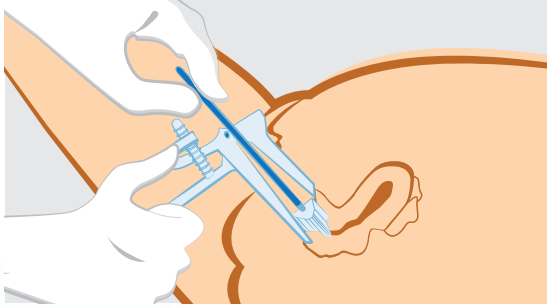
HPV is a common virus and everyone may get it at some point in time. Although it is mostly harmless, it can cause an infection in your cervix, which your body will rid itself of most of the time. However, it is important to note that out of over 100 strains, at least 14 of these strains can cause long-lasting infections. These infections can lead to cervical cancer.

Cervical cancer is a slow-progressing condition and can take up to 15 years to develop – but this varies from case to case. That's why HPV vaccination is so important in the prevention of cervical cancer, even before the start of any sexual activity.

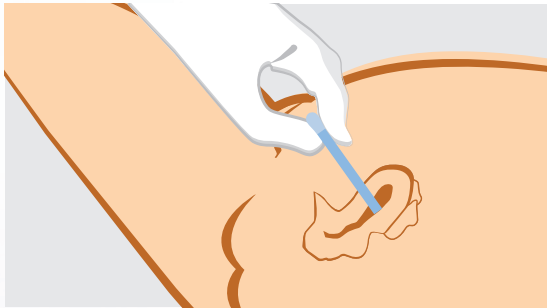
## What are the signs and symptoms of early cervical cancer?

There are **no signs** in the **early stages** of cervical cancer.

## What happens during cervical screening?



A doctor or nurse will gently insert an instrument (speculum) 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.

If you are aged between **25 to 29**, your cells will be tested for abnormal changes through a Pap test. At this age, you are able to clear HPV infections at a faster rate and thus do not need an HPV test.

If you are aged **30 and above**, your cells will be sent for an HPV test to detect high-risk strains. The HPV test is more effective in identifying your risk of developing cervical cancer.

Your results will be ready within four weeks after your test. Your doctor will advise if further follow-up is required.

# WHAT DO MY RESULTS MEAN?



25 TO 29 YEARS

## A NORMAL PAP TEST RESULT

Your cervical cells are normal. Continue to go for your cervical cancer screening every three years.

## AN ABNORMAL PAP TEST RESULT

You might have an infection and/or abnormal cervical cells. This does not mean that you have cervical cancer. Your doctor will review the results and advise you on your treatment accordingly.



ABOVE 30 YEARS

## NO HIGH-RISK HPV STRAINS

You are at low risk of developing cervical cancer. Continue to go for your cervical cancer screening every five years.

## HIGH-RISK HPV STRAIN(S) PRESENT

You will be referred to a gynaecologist in the hospital. This does not mean that you have cervical cancer – but your risk is higher. The gynaecologist will then advise you if any treatment is necessary.

## OTHER HIGH-RISK HPV STRAINS PRESENT

Your doctor will ask you to return for another HPV test in a year's time to see if your body has cleared the virus.



## **Where can I go for my cervical screening?**

Cervical screening is conducted at all polyclinics and selected CHAS GP clinics.

## **How do I prepare for a cervical screening?**

- Book an appointment two weeks after the start of your period
- Avoid having sexual activity and using spermicides, vaginal creams, lubricants, vaginal medications or tampons 48 hours before the test

## **How can I protect myself from cervical cancer?**

- Go for an HPV vaccination (for females aged 9 to 26). The vaccination can protect you from 70% to 90% of the high-risk HPV strains. Find out more at **[go.gov.sg/hpv-immunisation](https://www.go.gov.sg/hpv-immunisation)**
- Even with HPV vaccination, it is important to go for a Pap test once every three years if you are aged between 25 to 29, and an HPV test once every five years if you are aged 30 and above

With HPV vaccination and regular cervical cancer screening, you can protect yourself from cervical cancer. Find out more at **[screenforlife.gov.sg](https://www.screenforlife.gov.sg)**

# Screening for Breast Cancer

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

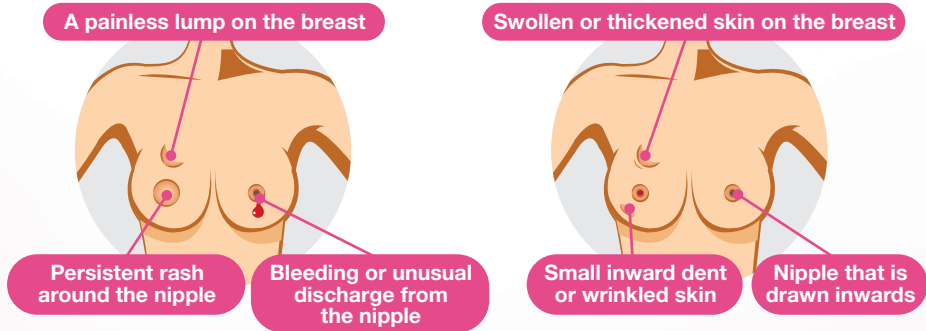


50 YEARS AND ABOVE

## What is breast cancer?

Breast cancer is cancer of the breast cells and tissues. The chances of developing it increases with age, or if you have a family history of breast cancer.

## 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**

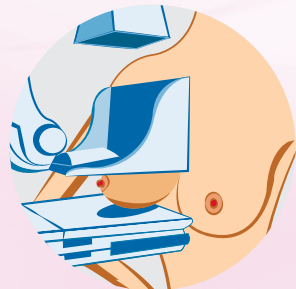
**Small inward dent or wrinkled skin**

**Nipple that is drawn inwards**

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

## What is a screening mammogram?

- 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



Going for regular mammograms 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

- Your menstruation can increase breast tenderness and tissue sensitivity
- To avoid discomfort during the mammogram, arrange for your appointment to fall at least one week after the first day of your menstruation

### 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 above<sup>1</sup> who

- have not been breastfeeding for the last six months
- do not have silicone breast implants or injectables<sup>2</sup>
- have none of the symptoms shown in the picture on the previous page

<sup>1</sup> If you are aged 40 to 49, you can screen for breast cancer. However, you should talk to your doctor about its benefits and limitations. It is important that you make an informed choice about going for screening. If your doctor recommends you to screen, you should do it annually.

<sup>2</sup> If you are unsure about your implants, you are advised to check with the screening centres.

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

Reducing alcohol intake, quitting smoking, maintaining a healthy weight, engaging in regular physical activity, practising regular breast self-examinations and going for regular mammograms can reduce your risk.

# Useful Contacts

## Screen for Life (SFL)

**Email:** ScreenForLife@hpb.gov.sg

## HPB Hotline

**Tel:** 1800 223 1313\*

**Website:** hpb.gov.sg

## CHAS GP clinics

For more information on your nearest CHAS GP Clinic offering SFL screening services, visit [chlas.sg/clinic-locator](https://chlas.sg/clinic-locator)

## Singapore Cancer Society Clinic @ Bishan

Free mammograms are available to all valid Blue or Orange CHAS cardholders at the Singapore Cancer Society.

**Tel:** 1800 727 3333\*

## Polyclinics

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

### North

Ang Mo Kio Polyclinic    
Hougang Polyclinic    
Sembawang Polyclinic    
Woodlands Polyclinic    
Yishun Polyclinic  

### Central

Toa Payoh Polyclinic  

### East

Geylang Polyclinic   
Kallang Polyclinic  

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

### North

Punggol Polyclinic  

### East

Bedok Polyclinic    
Eunos Polyclinic    
Marine Parade Polyclinic   
Pasir Ris Polyclinic    
Sengkang Polyclinic  

Tampines Polyclinic    
Tampines North Polyclinic  

### Central

Bukit Merah Polyclinic   
Outram Polyclinic  

Call **6370 6556**  / **6908 2222**  to make, change or cancel an appointment at the following polyclinics:



### West

Bukit Batok Polyclinic    
Bukit Panjang Polyclinic   
Choa Chu Kang Polyclinic  

### South

Queenstown Polyclinic 

### Legend

-  Breast mammogram services available
-  Cervical cancer screening services available

Please visit [screenforlife.gov.sg](https://screenforlife.gov.sg) for updated information on services and contact numbers.