

Take Part In Examination When You Are Young

Contributed by Webmaster

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In a man's life, there will come a time when he has to take a trip down check-up lane for his annual medical examination. Although not everyone is taking part, it is quite important to have your doctor see how your health is doing. Personal health care examination can decrease a person's chances of getting sick or acquiring a disease because of early diagnosis. There would be other reasons why people would be advised or would want to go to the physician:

1. Assessment of any risk that can contribute to future medical problems. Sometimes people can be so hardheaded and would not go to the doctor because they would argue about not feeling anything. Bad news is, the moment an illness strike, it may be because it's getting serious. Earlier diagnosis equates earlier treatment.

2. Screen for present diseases. If you are already experiencing something painful or odd going in your body, it is a must to let the doctor see it immediately no matter how little the pain is or how small the inconvenience is contributing to your body.

Visiting your doctor will give you more chances of asking the how's and why's of your present condition and appropriate intervention to prevent further damage to your system.

3. Encourage the practice of healthy lifestyles. With a very busy world, it will be too much for the working population to give a certain piece of their time to practice healthy living. Most of the time, the working community indulge themselves on work which produces a lot of stress. Having a routine check to their doctor can prescribe natural ways to have a lifestyle that's healthy.

For ages which belong to the early years, ages 18-40, it is of dire importance to build a professional relationship with their physician. These early years are the time where people are very active in any kind of activity. Sadly, these are also the years that people tend to give into a lot of temptations and abuse their healthy body mainly because they're young and strong.

Unfortunately, even if people feel like there's nothing wrong with their body, there are certain diseases that needs time to become dangerous to the body. Potential problems may arise over time that is why, an early check-up is better than taking up tons of medication because it's too late and the disease has already worsen. Prevention is better than cure.

For ages 18 ranging to 40, there are the examinations involving your personal health.

a. Blood Pressure - this determines the pressure of the blood that goes through the vessels of a human body. The ideal checking of blood pressure is every two years. This is intended for the normal, healthy body. But if you have already been diagnosed with a disease especially regarding heart problems, then it is ideal to let your blood pressure checked at least twice a week.

b. Breast Examination for Women - since breast cancer is one of the leading causes of death in women, breast examination is required once females reach the age of 18. Breast examination can be done alone provided with proper instructions. This can effectively detect any signs of mass that lies beneath a woman's breast.

c. Cholesterol screening - this is very much intended for those who love eating fatty foods. Increased cholesterol can be

the cause of many diseases and one of which is heart attack.

Personal health care should be done religiously in order to live a healthy life.

Visit the Health And Nutrition website to learn about food poisoning facts and cold sores facts.