



Healthy at every age – when and what to check for

A wellness check with your doctor is a good health habit for every person aged 18 years and over. The Australian government funds a range of health checks but you should also consider further checks when you hit a milestone age.



20 to 40 years

Women

- ▶ Every five years get a cervical screening test to identify irregularities that could lead to cervical cancer.
- ▶ Sexually active women under 30 should get an annual urine test done to check for Chlamydia (a sexually transmitted infection)



Men

- ▶ Testicular cancer screen — know the regular look and feel of your testicles and let your doctor know if you notice anything unusual.

Everyone

- ▶ Blood pressure screening every two years.
- ▶ Blood cholesterol and glucose test to identify heart issues.
- ▶ Test for type 2 diabetes every two to five years.
- ▶ Skin screening – Examine your own skin for suspicious moles or spots and seek medical help if you have concerns.

40 to 50 years

Women

- ▶ Free mammogram every two years to screen for breast cancer.
- ▶ Women over 45 should get tested for bone density to identify the risk of osteoporosis.
- ▶ Cervical cancer screening every five years.

Men

- ▶ Prostate cancer — Visit your GP if you have trouble urinating and have an annual prostate check once you reach 50 or earlier if there is family history.



Everyone

- ▶ Eye test - identify conditions like glaucoma (the leading cause of blindness in Australia) and macular degeneration.
- ▶ Use the government's AUSDRISK assessment tool to evaluate your chances of getting type 2 diabetes.

50 years and over

Women

- ▶ Mammogram test to be done every two years as part of National BreastScreen Australia program.
- ▶ Cervical cancer screening every five years to assess the risk for cervical cancer.

Men

- ▶ Bone density test to assess the risk of osteoporosis.

Everyone

- ▶ Australians aged 50 to 74 are mailed a free test to be done at home every two years to screen for bowel cancer.
- ▶ A hearing test will help determine the level of hearing loss and the associated cause.





Get the most out of life, do your health screenings

We all know that prevention is better than cure, and a key part of prevention is regular health screenings. Make sure that you identify potential health concerns before they're critical; prioritise regular visits to your general practitioner (GP) even if you feel healthy.

Screenings improve health outcomes for individuals and their families. However, it's important to note that screenings are not 100% accurate as the body changes over time. This is why frequent checks at regular intervals are recommended.

The Australian government offers five population-based screening programs to the community. They aim to reduce the impact of significant diseases to Australians. The tests look for particular changes or early signs of a disease.



National Bowel Cancer Screening program – Eligible Australians aged 50 to 74 are mailed a free test done at home every two years.



National BreastScreen Australia program – Women over 40 can have a free mammogram every two years and those aged 50 to 74 are actively invited for screen.



National Cervical Screening program – Women and people with a cervix aged 25 to 74 years of age are invited to have a cervical screening test every five years through their healthcare provider.



Newborn Bloodspot Screening – This simple test identifies babies at risk of becoming seriously ill from a rare condition.



Newborn Hearing Screening – It helps screen all babies for hearing impairment to ensure they can access early intervention and minimise the impact of hearing impairment.



Vegetarian halloumi hash burgers with kale aioli

An easy vegetarian burger recipe to add to your weekend lunch menu.
Serves 4/ cook time 40 min

Ingredients list

- ▶ 200g potatoes, peeled, grated, excess water squeezed out
- ▶ 250g haloumi, grated
- ▶ 1 tbsp plain flour
- ▶ 1 egg
- ▶ 1 red onion, cut into round slices
- ▶ 1 tomato, cut into round slices
- ▶ Extra virgin olive oil to drizzle
- ▶ 1 cup garlic aioli
- ▶ 2 cups chopped kale leaves, blanched
- ▶ 4 rye bread rolls, split and lightly toasted
- ▶ Few rocket leaves

Method

- ▶ Preheat the oven at 220°C for 10 minutes.
- ▶ Combine potato, haloumi, flour and egg in a bowl. Season with pepper.
- ▶ Divide the mixture in four rounds and form them into patties. Place them on a baking tray.
- ▶ Now place the tray on the top shelf of oven and bake, turning halfway, for 30 minutes.
- ▶ Add the aioli and kale in a small food processor and whiz until green and combined.
- ▶ Spread the bread roll bases with kale aioli, and add a slice of onion and tomato.
- ▶ Now place the patty and top it up with rocket leaves and sauce of your choice.
- ▶ Cover it with top bread roll half and enjoy!



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