

recommend having a colon study after the age of 50 and repeated every few years.

- Digital Mammography for Women - gold standard in breast screening and can detect cancer and other problems before lumps become large enough to be felt, as well as assists in the diagnosis of other breast problems. International organisations recommend screening mammography at least every two years, beginning at age 40.
- MRI Neuro - invaluable for identifying abnormalities of the brain or spine, particularly demyelinating disorders such as Parkinson's disease, Alzheimer's and cerebrovascular disease.
- Bone Mineral Density Scans of the Spine and Hips - essential for diagnosing osteoporosis and following changes in bone density over time.
- Lung CT - significant diagnostic tool for screening conditions or diseases of the lungs, aimed especially at smokers - lung imaging examinations are crucial to detect any smoking related abnormality at an early stage.

Take a few minutes to complete a self assessment quiz:

- 1, Age. I am over 40 years of age.
- 2, Family History of Heart Disease. My father or brother had a heart attack before age 55: or my mother or sister had one before age 65.
- 3, Family History of Cancer. Any of my first degree relatives had a bowel cancer. Women: My mother or sister had breast or ovarian cancer.
- 4, Heart Disease Medical History. I have coronary artery disease, or I've had a heart attack or other heart condition(s).
- 5, Vascular Disease History. I have been told that I have carotid artery disease; or I have had a stroke; or I have a disease of the leg arteries.
- 6, Blood Pressure. My blood pressure is 140/90 mmHg or higher, or a health professional said my blood pressure is too high, or I don't know what my blood pressure is.
- 7, Tobacco Smoke. I smoke or live with people who smoke regularly.
- 8, Total Cholesterol. My total cholesterol is 240 mg/dl or higher, or I don't know my level.

9, HDL Cholesterol. My HDL (good) cholesterol is less than 40 mg/dl or I don't know my cholesterol level.

10, Physical Activity. I get less than a total of 30 minutes of physical activity on most days.

11, Overweight. I am 9 kilograms or more overweight for my height and build.

12, Diabetes. I have diabetes of a fasting blood sugar of 125 mg/dl or higher, or I need medicine to control my blood sugar.

If you ticked 2 or more then you have risk factors which increase the chances of developing cancer or cardiovascular disease and you should consider having a comprehensive health check.

Your health is your most important asset; give yourself and your loved ones peace of mind – see your healthcare provider now.

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