Prevention is better than cure

Our health is our wealth, which is why we should all be investing as much time in our wellbeing as possible. But where do we start and what can we do right here and now? Preventing illness through tests and screenings is not only better, but it's also more cost effective.

Life-saving tests and screenings

Early detection is the key to preventing most diseases – or catching even potentially fatal ones like cancer, stroke and heart disease early.

What am I testing for?	The screening/test
1) **High blood pressure** can cause heart attacks or strokes without any warning and can lead to kidney failure.	A blood pressure test measures how hard the blood pushes against the walls of your arteries as it moves through your body. A normal adult's blood pressure is below 120/80 mm Hg. High blood pressure (hypertension) is 140/90 mm Hg or above. (Blood pressure is measured in millimetres of mercury.)
2) **High cholesterol** can cause plaque to clog your arteries. You might not show any symptoms until you suddenly suffer a heart attack or a stroke.	A cholesterol blood test will measure total cholesterol, LDL ("bad") cholesterol, HDL ("good") cholesterol and triglycerides (blood fat).
3) **Diabetes type 2** is a common condition. Yet many people don't even know they have it until it results in heart or kidney disease, stroke, blindness or other serious problems.	A fasting plasma glucose test or an A1C test is commonly used to screen for diabetes. These tests provide information about your level of blood glucose, also called blood sugar.
4) **Body mass index (BMI)** is a tool to help you understand your body weight in relation to your height.	BMI can be a good predictor of disease because excess body fat increases the risk of heart disease, cancer, diabetes and stroke.