

45 – 49 year old health assessment



Entering middle age presents a host of new health challenges for many people. Knowing your current health status can assist with management of your future health

45-49 year old health checks are recommended by doctors who can provide information to you about the necessity of any lifestyle changes required to prevent the development of chronic diseases, or at least delay their onset.

WHY DO YOU NEED TO GET A 45-49 YEAR OLD HEALTH CHECK?

Statistically, between the ages of 45 and 49 years old is when you may show signs of development of a chronic disease.

If you haven't been particularly conscious of your health in the past, or if you are unlucky enough to have developed a chronic illness despite your healthy lifestyle, then this health check is extremely important. Some of these risk factors may include:

- Your family history
- High blood pressure, high cholesterol, or are overweight, your risk of developing a chronic disease may be increased. A health check can help identify these risk factors.
- Your lifestyle – if you are a smoker, are sedentary, drink excessively or have poor dietary habits, your risks of developing a chronic disease such as diabetes are higher.

WHAT'S INVOLVED IN A 45-49 YEAR OLD HEALTH CHECK?

A 45-49 year old health check is largely about assessing your risks of developing chronic diseases in future. Your doctor will ask a series of questions involving the following factors:

- Whether you smoke
- Your diet, whether you're eating enough fruits and vegetables and what types of fat you consume.
- How often you drink alcohol and how many alcohol-free days you have per week.
- Your level of physical activity, and how many minutes of moderate to high intensity activity you perform each day.
- Your mental health and feelings of depression or anxiety.
- Family history for a variety of illnesses, including stroke, heart disease, diabetes and osteoporosis.

Your GP will likely carry out some basic physical examinations. You will be weighed and have your body mass index assessed. If you're found to be overweight, your GP will help you develop a plan to return to a healthy weight.

MEDICARE REBATE FOR THE 45-49 YEAR OLD HEALTH CHECK

You will be eligible for a Medicare rebate for your 45-49 year old health check. You may also be eligible for a Medicare rebate for further healthcare requirements, particularly if the outcome of your health assessment is further management of chronic diseases.

45-49 YEAR OLD HEALTH CHECK – IMPORTANT THINGS TO KNOW

Many GPs will only recommend a 45-49 year old health check if they believe that you are at risk for developing a specific chronic disease, or have a risk factor that may lead to chronic diseases.

However, we highly recommend that all people should have at least one thorough health assessment with a GP during this stage of life. It's an excellent time to get a good idea of how your health is tracking.

If you are approaching that age, be aware of SNAP, four areas of health that GPs analyse to get an idea of your overall medical state. SNAP includes:

- Smoking
- Nutrition
- Alcohol intake
- Physical activity

To book your 45 – 49 year old health assessment, call: 08 8555 2404