



DIAGNOSTIC TESTS EVERY WOMAN SHOULD CONSIDER ANNUALLY

The benefits of regular health check-ups are known to everyone. They are essential for early detection and prevention of diseases. For women, certain diagnostic tests are crucial for maintaining overall well-being and identifying potential health concerns before they become serious. Let's take a look at a few important tests every woman should consider annually:

- **Complete Blood Count (CBC)**

A CBC is a vital test that evaluates overall health and detects conditions like anaemia, infections and immune disorders. It helps monitor haemoglobin levels, white blood cells and platelets.

- **Blood Sugar Tests**

Screening for diabetes is crucial nowadays especially with increasing lifestyle-related risks. Fasting blood glucose or HbA1c tests help detect early signs of diabetes or prediabetes, enabling timely lifestyle modifications and treatment.

- **Lipid Profile**

This test measures cholesterol levels, including LDL (bad cholesterol), HDL (good cholesterol) and triglycerides. Regular monitoring helps assess the risk of heart disease and stroke, which are increasingly common among women.

- **Thyroid Function Tests**

Thyroid disorders are more prevalent in women. They can affect metabolism, energy levels and hormonal balance. Annual screening helps detect conditions like hypothyroidism or hyperthyroidism early.

- **Pap Smear and HPV Testing**

These tests are essential for screening cervical cancer. A Pap smear detects abnormal cervical cells, while HPV testing identifies high-risk strains of the virus linked to cervical cancer.

- **Breast Examination**

An annual clinical breast exam is essential for women. Those above 40 may also be advised to undergo a mammogram regularly to screen for early signs of breast cancer.



- **Urine Routine Examination**

This simple test helps detect urinary tract infections, kidney issues and even early signs of diabetes or hypertension-related complications.

- **Vitamin and Mineral Levels**

Deficiencies in Vitamin D, Vitamin B12 and iron are common in women and can lead to fatigue, bone weakness and neurological symptoms. Annual checks help guide appropriate supplementation.

- **Blood Pressure Monitoring**

Hypertension often has no symptoms but can lead to serious complications like heart disease and stroke. Regular monitoring ensures timely management.

Better safe than sorry

Simply put, annual diagnostic tests are not just about identifying illness but a proactive step toward long-term health. Women should consult their healthcare provider to personalise their screening schedule based on age, lifestyle and family history. Early detection saves lives.