

YOUR ANNUAL MEDICAL EXAM



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Your Annual Medical Exam

This ebook covers what the annual medical exam is and why it's important, some of the tests you should be ordering and where you can get them.

Why medical check up's are important

According to the CDC, regular health exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better. By getting the right health services, screenings, and treatments, you are taking steps that help your chances for living a longer, healthier life. Your age, health and family history, lifestyle choices (i.e. what you eat, how active you are, whether you smoke), and other important factors impact what and how often you need healthcare.

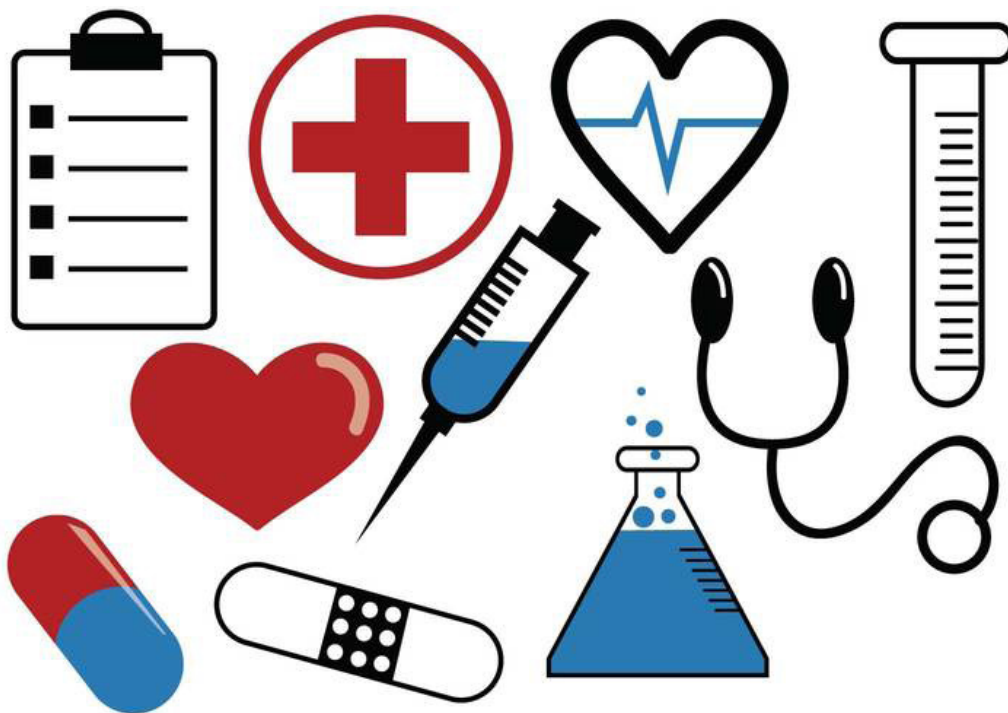


Some of medevac plans include a **FREE** comprehensive medical check up in any country of your choice

Learn more about our medevac plans here:
<https://www.flyingdoctorsnigeria.com/members/>

Which checks should you have?

The Mayo Clinic is one of the world's finest healthcare institutions. It has been recognized for high-quality patient care more often than any other academic medical center in the United States of America.



They recommend the following tests:

Initial Visit

Age 39 and younger

- ❖ Physical exam
- ❖ Variety of laboratory work
- ❖ Cardiovascular counseling
- ❖ Resting electrocardiogram (ECG)
- ❖ Chest X-ray
- ❖ Exercise and treadmill ECG
- ❖ Cervical cancer screening (women)
- ❖ Vaccination review

Initial Visit

Ages 40-49

- ❖ Physical exam
- ❖ Variety of laboratory work
- ❖ Cardiovascular counseling
- ❖ Resting ECG
- ❖ Chest X-ray
- ❖ Exercise and treadmill ECG
- ❖ Cervical cancer screening (women)
- ❖ Vaccination review
- ❖ Breast cancer screening (women)
- ❖ Prostate-specific antigen, or PSA (men)
- ❖ Audiogram

Age 50 and older

- ❖ Physical exam
- ❖ Variety of laboratory work
- ❖ Cardiovascular counseling
- ❖ Resting ECG
- ❖ Chest X-ray
- ❖ Exercise and treadmill ECG
- ❖ Cervical cancer screening (women)
- ❖ Vaccination review
- ❖ Breast cancer screening (women)
- ❖ PSA (men)
- ❖ Audiogram
- ❖ Abdominal aortic ultrasound (men, 65-75)
- ❖ Bone density scan (women 50-plus) (men 65-plus)
- ❖ Colonoscopy



Subsequent visits

Age 39 and younger

- ❖ Physical exam
- ❖ Variety of laboratory work
- ❖ Vaccination review
- ❖ Cervical cancer screening (women)
- ❖ Resting ECG (if indicated)
- ❖ Chest X-ray (if indicated)

Ages 40-49

- ❖ Physical exam
- ❖ Variety of laboratory work
- ❖ Vaccination review
- ❖ PSA (men)
- ❖ Cervical cancer screening (women)
- ❖ Breast cancer screening (women)
- ❖ Resting ECG (if indicated)
- ❖ Chest X-ray (if indicated)

Conclusion

Doctors debate about the importance of full annual medical check ups and what tests are important. But if you decide to have a medical check up in Nigeria or abroad, feel free to call us for advice or referrals. Or better still, sign up for one of our medevac plans and have your comprehensive medical check ups anywhere in the world for FREE.

Sign up for medevac cover here: <https://www.flyingdoctorsnigeria.com/members/>



About Flying Doctors Nigeria Air Ambulance Service

Flying Doctors Nigeria (FDN) is a Medical Emergency Service that specializes in air ambulances, medevac, medico-logistics services, remote site medical solutions services, medical infrastructural development and medical training services.

It is an award-winning service, the first indigenous Air Ambulance in West Africa, in operation for almost ten years.

Read all our articles on our website: www.flyingdoctorsnigeria.com or send email to us at sales@flyingdoctorsnigeria.com for further enquiries.