

TOP 7 HEALTH CHECKS

...that can save your life sell of sorts here please and thanks very much sell

1 BOWEL CANCER SCREENING

Heart attack kills less often than it did, but we still need to look after our hearts. Keeping your weight to a healthy level improves blood pressure, cholesterol and your risk of type 2 diabetes. But how else can you protect yourself? Keeping stress levels low may protect your heart – take some time out every day to relax and be nice to yourself! Doctors no longer routinely recommend a

70 WORDS

2 MAMMOGRAMS

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80 WORDS



3 BLOOD PRESSURE

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60 WORDS



4 EYE TESTS



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5 CHOLESTEROL XXXXXXXX

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60 WORDS

6 SKIN CHECKS XXXXXXXXXXXXXXXXXXXX

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7 CERVICAL SCREENING

Heart attack kills less often than it did, but we still need to look after our hearts. Keeping your weight to a healthy level improves blood pressure, cholesterol and your risk of type 2 diabetes. But how else can you protect yourself? Keeping stress levels low may protect your heart – take some time out every day to relax and be nice to yourself! Doctors no longer routinely recommend a daily aspirin to

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