



A Picture of Health

The best way to treat illness? Prevent it. DR COLIN KOH from **CHI (Complete International Healthcare)** explains why preventive screening really is the best medicine.

What is preventive health screening?

Preventive health screening needs to be personalised to be useful. Most health screenings are aimed at detecting already existing or asymptomatic diseases. Real prevention focuses not only on early disease detection but managing the risk of potential diseases. The analysis of results goes beyond normal blood test results, seeking optimal information before discomfort or other symptoms set in.

Who should consider it?

Everyone should have at least one basic health screening before the age of 30 years to establish youthful baselines that will serve in the future as personalised benchmarks of wellness. These early markers are personalised health KPIs

(Key Performance Indicators) that can be influenced by lifestyle interventions such as nutrition, exercise and stress management, well before medication becomes necessary. As we age and our rate of regeneration and repair slows, new tests such as tumour markers, hormone function, imaging of internal organs like the liver and kidney, colonoscopy or even functional tests like exercise ECG stress tests can be added to the list of baseline markers. This is true preventive medicine.

How often should screening be done?

The interval between repeat health screenings needs to be personalised according to one's own lifestyle risks (smoking, alcohol intake and so on), genetics and the initial baseline markers. Intervals can range from every six months to every two years. Again, focused or targeted tests should be done accordingly.

45 Rochester Park
6776 2288 | chi-health.com.sg

Holistic healthcare

CHI is a group practice of experienced family physicians from around the globe. Located in a lovely old black-and-white building in Rochester Park, its holistic approach emphasises proactively managed, highly personalised healthcare in an unhurried environment – a big plus, especially for new arrivals seeking continuity of care and assistance in navigating the local Singapore healthcare network. *u*