

Medical checkups: For 60 year olds

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Just because you have hit the 60 year mark, it doesn't mean that you can no longer be fit, healthy, independent and full of life.

In fact a fit 60 year old will often times have more energy and muscle strength than a 30 year old living a sedentary lifestyle. Above all, you deserve to feel good. Presented below is our list of top must-do medical check ups which will help keep you happy, healthy and safe. These are simple monthly or annual medical tests which can be done under your doctor's supervision.

Exercise stress testing - If you often suffer from short-lived, but acute, chest pain, or you have a family history of coronary heart disease, then this test is a must for you in order to check the working of your heart.

Physical cancer screening exam - This test must be performed on a yearly basis.

Dental checkups - Visit the dentist once every 6 months.

Blood pressure - Blood pressure must be checked once every 6 months to make sure that you don't suffer from hypertension.

Skin cancer exam- In order to identify three main types of skin cancer, namely: basal cell carcinoma, squamous cell carcinoma and malignant melanoma, it is a must to get your skin examined by a dermatologist. Notice any change in the shape, colour or an existing size of a mole and you have just crossed 60? Get it checked immediately.

Prostate screening- Prostate-specific antigen is a component released into a man's blood by his prostate gland. The release of this component tends to increase with age, thus increasing the chances of prostate-cancer in men. Thus, an annual PSA test is a must-do test for men who have crossed 60.

Stool sample - Stool sample test helps in detecting any kind of impurities in the blood and must be done once every 2 years, once you cross 60.

Cholesterol - Cholesterol levels must be tested once every 3 years from the age of 40.

Blood sugar - Blood sugar test helps in ruling out diseases like diabetes.

Colonoscopy - This test should ideally be performed when you have reached 60 years of age. But, people who have a family history of colon cancer should get this test done at 40 itself.

Mammogram - If you have witnessed any changes in your breast tissue, then this is a must-do test for you. If not, even then getting a mammogram done once in 3 years will help in giving the doctor a better baseline reading for future comparisons.

Liquid profile test- A liquid profiling test helps in identifying the cholesterol levels of a person and keeps the general overall vascular health under check. It helps in identifying 'bad' low density lipoprotein which helps in cholesterol screening.

Testosterone levels- Testosterone levels must be checked once every year, to ensure normal levels.

FSH test - This test helps in determining your menopause stage.

Breast exam - Annual breast exams are a must test for any women who has crossed 40.

Ultrasound - Ultrasound helps in keeping any changes in the ovaries in check.

ECG (Electrocardiogram)- You should go for an electrocardiogram, especially, if you aren't very active. Go for one if your body shows symptoms like sweatiness, fatigue, anxiousness and chest pains. An electrocardiogram will help rule out an angina, any blockages or any other cardiovascular troubles.

Sexually transmitted disease check- This can be done once every 5 years if you have sexual relations with one partner. However if you have multiple sexual partners, then once every six months would be a good idea.

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