



AGED 45 AND OVER?

GET YOUR HEALTH CHECKS IN PLACE WITH ONE LIFE MEDICAL

They say life begins at 40, however, as we approach our fifth decade, it's an ideal time to set aside a month each year to undertake health checks to minimise the risks and get the most out of life.

While it may be true that we are living longer too, it's sadly a reality that many of us are also dying from diseases that could have been prevented if detected early.

The friendly-family practice, One Life Medical, always has your best interests at heart, offering holistic health checks that can give a life-affirming piece of mind.

As part of the health check, their team of caring practitioners look at your family and social history, while the

comprehensive check includes blood pressure, lung and an ECG heart test.

What's more, for those aged 45-49, this holistic health check is bulk billed.

Three points for consideration:

1. If you are at risk of diabetes, they can help you reduce that risk or help you manage the disease.
2. If your family has a history of breast cancer, it's important for women to get a breast mammogram for early detection. (Please note: if you are aged between 40-74 the government will pay for this).
3. For men with a history of prostate cancer, now is the time to get this checked. It's just 3-minutes of discomfort and blood tests can also be run to set a baseline to be checked against future tests.

It's clear that successfully combating disease through early detection is smart advice.

One Life Medical is conveniently located in the Alexandra Hills Shopping Centre, with parking available in front and a bus stop next to the shopping centre.

Bookings can be made by calling one of their friendly receptionists on 07 3824 8144.

You can also make an appointment by visiting www.onelifemedical.com.au or by downloading one of the appointment apps: "Appointuit" or "Health Engine".

So, make February and March the months to get your health on track for your future life assurance. Book your health check with the family-friendly One Life Medical practice today.



PETS HELP TO HEAL

No matter one's age, race or political affiliation, at least one thing relating to recent current events is indisputable: Stress, grief and sorrow are detrimental to one's health.

Myriad research has shown that, on a physical level, simply living with a pet helps:

- Improve your immune system.
- Decrease your levels of cholesterol and triglyceride.
- Lower your risk of heart disease.
- Increase your life expectancy.

But the main reason folks love being around dogs, especially in times of crisis, is the visceral positive feelings they create.

Those belly rubs actually affect our brain chemistry. We produce more of the neuropeptide oxytocin, which not only gives us a feeling of "connectedness," but also produces the above physical responses

GET CHECKED

BreastScreen Queensland's screening program is specifically designed to target women 50 to 74 years as this is the age group most at risk of developing breast cancer. However, the program also accepts women in their 40s or 75 years and over.

Breast screening is available at the Redlands Community Health Services Centre on Weippin Street. Call 13 20 50 to make your appointment or go online at www.breastscreen.qld.gov.au.

BREAST CANCER SYMPTOMS

BREAST CANCER CAUSES / RISK

AVOID

PREVENTION