

# Your 40s

## YOUR 40s:

Work can sometimes take over your life – don't let it take your life!

Family and work pressures during this decade can cause great anxiety, so don't neglect your own physical and mental health.

Work/Life balance is important; make time for yourself and the family.

Your body needs more care and attention – have an annual health check.

If there is a family history of bowel or prostate cancer or any other health issue in the family speak to your GP about any suitable screening.

## DIY TIPS

- Keep activity as a high priority – try cycling
- Catch up with mates and enjoy your friends and family
- Smoking? Stop – your GP can help
- Take a break – a weekend away can revive a tired mind and body
- Laugh lots and loud
- Talk about any issues or concerns – seek help, your GP or a counsellor will assist

### 40'S HEALTH CHECK

- ✓ *Weight and waist measurement*
- ✓ *Blood pressure*
- ✓ *Cholesterol and blood glucose test*
- ✓ *Blood test for kidney and liver function*
- ✓ *Examine your testicles for lumps or bumps - feel anything unusual? Get it checked out immediately*
- ✓ *Eye check*
- ✓ *Mental health - talk about any issues or concerns, your GP or a counsellor will assist*
- ✓ *Sexually transmitted diseases*

