

## **At all ages:**

Whichever age bracket you fall into, there are certain things you should be doing regularly:

### **Everyone:**

Have an [annual check-up](#) and physical with your primary care physician. If you own a car, you probably have someone look at it once a year; following the same plan for your body is the least you can do.

Visit the dentist every 6 months for a cleaning and a check-up. If you have any problems, this will mean they're identified and dealt with before they become big problems. If you have no problems, a professional cleaning every 6 months will help keep it that way.

And do a vision check. This is partially so you can make sure you're seeing as well as possible, but it's also to look for any medical problems that you might have with your eyes. (These are not necessarily easy for a non-professional to notice.)

### **Women:**

Do a self-check of your breast to look for breast cancer. [Here's how](#) to do that, in case you are unsure.

### **Men:**

Do a self-check for testicular cancer. [Here's how](#),