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# **Very Important Health Checks Everybody Ought to Do**

There are a lot of people who refuse to go to an [EMT](#) until they feel so sick that they are concerned they can not take care of themselves anymore. The truth is the fact that you can have a better chance of curing or totally preventing some illnesses simply by keeping better track of your health. This signifies that you'll want to check out a variety of things regularly even if you don't feel sick. These are a few of the normal health checks that you should start doing.

You should never be too old to assess your height. There is a reason that, while you go to your doctor (no matter the type you may be seeing), you are requested to stand against the height chart on the wall. People really do get smaller when they get older. They drop about a half an inch in the course of every decade after they turn forty. This quantity increases once a person is seventy years old. If you start losing height before you turn forty or at a faster rate this might be an sign of other important health problems. This is the reason that you need to watch your height quite closely, even if you only gauge your height in your own home.

You need to keep track of your blood pressure. Blood pressure is often a factor in many things like strokes, heart attacks, hypertension and other kinds of health risks. You need to keep the levels low-not too low of course, but within a healthy range for your height, weight and age. Ask your medical professional what your best blood pressure numbers need to be and then check on a regular basis to make sure that you are staying on track. Almost any grocery store and pharmacy has a blood pressure checker that is either free or extremely cheap to utilize to evaluate your pressure. If the numbers don't appear right to you, consult your doctor what you should do for getting back on course (and to find out what is making your numbers change). Keeping your blood pressure inside suitable range can help you drive back all sorts of illnesses.

Check your hearing regularly. Hearing loss is something a lot of people do not detect until it is too late to do anything about it. Losing our hearing can lead to cognitive function loss as well as feelings of isolation as well as other psychological problems. If there are free screenings locally, take advantage of them and always ask your doctor to do regular checks whenever you are in for a visit. This can help you recognize when it is time to apply preventative measures and when you can get started taking steps to preserve the hearing you currently have.

This may not look like all that big a deal but the genuine truth is that they all contribute to our general health at the moment and as we age. The basic fact is that you have to keep track of your body and what is going on inside of it. Even very small changes could possibly be indication of a bigger problems. Ask your physician which kind of problems you should be looking out for and what you should check regularly.