

Type 2 Screening Tests (complete list)



Health screening is important to everyone. It enables you to find out if you have a particular disease or condition even if you do not have any symptoms and/or signs of disease. However, there are some screening tests, known as the Type 2 screening tests, which may benefit some people but not others, depending on whether risk factors are present. Read on to find out more.



S/N	To screen for	Who should be screened?	Screening test	Screening frequency
1	Abdominal Aortic Aneurysm (AAA)	Men aged 65 to 75 who have ever smoked	Abdominal Ultrasonography	As advised by your doctor.
2	Human Immunodeficiency Virus (HIV) Infection	<ul style="list-style-type: none"> Pregnant women Individuals who practise high risk sexual behaviour 	Human Immunodeficiency Virus (HIV) screen	<p>For pregnant women: Offered in the first trimester.</p> <p>For other individuals: As advised by your doctor.</p>
3	Anaemia (Iron deficiency anaemia)	<ul style="list-style-type: none"> Pregnant women Non-pregnant women of childbearing age Babies born prematurely or with low birth weight Babies who do not eat food adequate in iron Children who have special health-care needs (e.g. children who use medicines that interfere with iron absorption and those who have chronic disease) 	Full Blood Count (FBC)	<p>For pregnant women: Offered at the first prenatal visit.</p> <p>For non-pregnant women of child-bearing age: Once before pregnancy.</p> <p>For babies and children at high risk : Once a year until 5 years old.</p>
4	Antenatal and foetal abnormalities (Congenital)	Pregnant women	Antenatal and pregnancy screening tests (e.g FBC, VDRL, Hepatitis B, HIV, urine microscopy, obstetric ultrasound for foetal anomaly screening)	<p>Blood and urine tests to be offered once-off in early pregnancy, preferably at the first prenatal visit.</p> <p>Obstetric ultrasound to be offered before 22 weeks gestation.</p>
5	Breast cancer	BRCA carriers, women at high genetic risk for breast cancer	Magnetic Resonance Imaging (MRI) Breast	Once a year
6	Cerebral aneurysm	<ul style="list-style-type: none"> Individuals with personal or a strong family history of bleeding from a cerebral aneurysm Individuals with polycystic kidney disease 	Magnetic Resonance Imaging (MRI) / Magnetic Resonance Angiography (MRA) brain	As advised by your doctor.
7	Colorectal cancer	Individuals above 50 yrs not going for screening colonoscopy or Faecal Immunochemical Test (FIT)	Computed Tomography (CT) Colonography	Once every 5 years if the initial screening study with CT colonography is negative. Otherwise, as advised by your doctor.
8	Coronary heart disease	Individuals with intermediate coronary heart disease risk	Apolipoprotein A CT Coronary Calcium Score Electrocardiography (ECG) High-Sensitivity C-Reactive Protein (hs CRP) Treadmill Stress Test	As advised by your doctor.
9	Diabetic microalbuminuria/albuminuria/nephropathy	Individuals with diabetes	Urine microalbumin/creatinine ratio	Once a year

				<p>For those with type 1 diabetes, screening should begin 5 years after diagnosis.</p> <p>Those with type 2 diabetes, screening should begin at diagnosis.</p>
10	Diabetic retinopathy	Individuals with diabetes	Retinal Fundal Photography	<p>Once a year or more frequently as advised by the doctor.</p> <p>For those with type 1 diabetes, screening should begin 3- 5 years after diagnosis.</p> <p>Those with type 2 diabetes, screening should begin at diagnosis.</p>
11	Down Syndrome	Pregnant women	Down Syndrome screening test	In the first or second trimester of pregnancy.
12	Hearing loss/Deafness in adults	Individuals exposed to excessive noise	Audiometry	Once a year
13	Hepatitis B infection	<ul style="list-style-type: none"> Pregnant women Immigrants from countries where Hepatitis B is common 	Hepatitis B screen	<p>For pregnant women: Offered at the first prenatal visit.</p> <p>For other individuals: As advised by your doctor.</p>
14	Intestinal parasitic infection	<ul style="list-style-type: none"> Immigrants from countries where disease is common Asymptomatic travelers on prolonged stay in countries where disease is common. 	Stool for ova, cyst and parasites	As advised by your doctor.
15	Kidney disorder/ dysfunction	<ul style="list-style-type: none"> Individuals with diabetes, high blood pressure or cardiovascular disease Smokers aged 50 yrs and above Individuals with family history of end-stage renal failure 	Urine analysis	As advised by your doctor.
			Kidney function test/Renal panel	Once a year
16	Liver cancer/ Hepatocellular carcinoma (HCC)	<ul style="list-style-type: none"> Hepatitis B carrier Individuals with liver cirrhosis 	Alpha-FoetoProtein (AFP)	Once a year
			Ultrasound Hepatobiliary System	Once a year
17	Maternal colonisation with Group B Streptococcus (GBS) during pregnancy	Pregnant women between 35 and 37 weeks gestation.	Vaginal and rectal swab	As advised by your doctor.
18	Nasopharyngeal carcinoma (NPC)	Individuals with a strong family history of NPC	Nasoscopy	As advised by your doctor.
			Tumour marker for NPC	
19	Osteoporosis	Individuals with high osteoporosis risk, e.g. high osteoporosis self-assessment tool for Asians (OSTA) score	Bone mineral density scan (BMD)	As advised by your doctor.
20	Ovarian cancer	BRCA carriers, women at high risk of BRCA mutation	Transvaginal Ultrasound	As advised by your doctor.
21	Peripheral vascular disease	<ul style="list-style-type: none"> Individuals with diabetes Individual aged 50-70 yrs and is a smoker or with both hypertension and hyperlipidaemia 	Ankle Brachial Index (ABI)	As advised by your doctor.
22	Prostate cancer	<ul style="list-style-type: none"> Men aged 50-75 yrs 	Prostate-Specific Antigen (PSA)	As advised by your doctor.

		<ul style="list-style-type: none"> Men with strong family history of prostate cancer 		
23	Retinopathy of Prematurity (ROP)	<ul style="list-style-type: none"> Babies with birth weight <1500g Very premature babies (with gestational age < 32 wks) Babies on prolonged oxygen therapy use 	ROP screen	As advised by your doctor.
24	Rubella	Pregnant women	Rubella serology	Offered at the first prenatal visit
25	Syphilis	<ul style="list-style-type: none"> Pregnant women Individuals who practise high risk sexual behaviour 	Venereal Disease Research Laboratory (VDRL)	<p>For pregnant women: Offered at the first prenatal visit.</p> <p>For other individuals: As advised by your doctor.</p>
26	Thalassemia	<ul style="list-style-type: none"> Pregnant women from ethnic groups with high disease prevalence Individuals with family history of disease 	Thalassemia screen	<p>For pregnant women: Once-off at the first prenatal visit.</p> <p>For other individuals: As advised by your doctor.</p>
27	Thyroid disorder	<ul style="list-style-type: none"> Obese individuals Individuals with autoimmune disease Pregnant women with diabetes or adrenal disease 	Thyroid function test (TFT)	As advised by your doctor.
28	Tuberculosis (TB)	<ul style="list-style-type: none"> Close contacts of patients with TB Foreigners from countries with high disease prevalence 	Chest X-ray (CXR)	As advised by your doctor.

Tags: Health screening, Health screen, health checkup