

Using Health Checkups for adult patients in primary health care as a method of early cancer diagnostics

implemented health care programme in Centrum Medyczno-Diagnostyczne in Siedlce

In Poland there is lack of systematic diagnostic procedure among adult population in order to perform general screening examination. The most widespread preventive health programmes are aimed for a small part of population, mainly women and concern just a few health problems.

The model involves properly adapted list of diagnostic tests specified for patients aged **35,40,45,50 and 55**. It is planned to expand the programme for 18, 25, 30, 60 and 65 year olds. **Every five years patients will undergo screening tests** concerning cardiology, endocrinology, gynaecology, oncology (including large intestine diagnostics), nicotine addiction, etc.

Questionnaire reviewing the detailed medical history is the main element which qualifies the patients to take part in the programme.

It is expected that as a result of those screening tests participants will be divided into three groups:

- **Patients with regular checkups results** – another examination in 5 years
- **Patients with defined increased risk (LR,MR,HR)** – individual intervals of checkups every 6 to 12 months
- **Patients with anomaly detection** – implementation of intensive medical care, classifying for Diagnosis Related Groups in primary health care