

People

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What are the key medical tests that millennials should get done?

As more and more millennials skip the annual health examinations in favor of a quick visit, doctors fear that the largest generation in the United States can go through serious health problems. There are 83 million Americans between the ages of 22 and 37 and, according to a November 2018 survey conducted by the organization, Kaiser Family Foundation, 45% of 18-29 and 28% of 30-39 do not have a doctor of primary care. The problem is that health conditions that can be detected early can slip through the cracks.

Dr. Niket Sonpal, associate professor at the Touro College of Osteopathic Medicine in New York City, offers 5 health exams that millennials should receive this year.

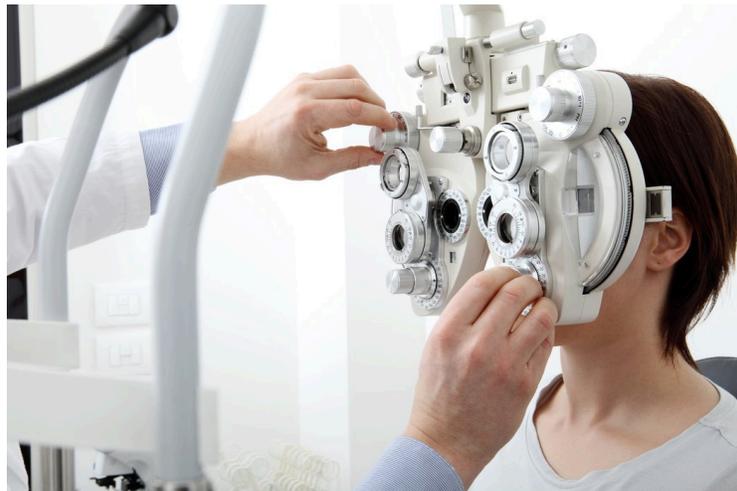
1. Blood pressure tests

You will want to check your blood pressure at least once every 2 years and every year if the highest number is 120 to 139 or the lowest is 80 to 89. High blood pressure is linked to diabetes, that is really affecting the millennials. According to the CDC, between 2001 and 2015 adolescent obesity rates increased by 30%. "When they were children, millennials were part of a 'supersize' culture, where all fast foods came in large quantities," said Dr. Sonpal.



2. Eye exams

Millennials were brought up by technology and their eyes are reaping the cost of this. It is estimated that millennials spend more than 12 hours per day consuming media, most of them on mobile devices on screens that are closer to the eye. This leads to myopia where the eye weakens and can not see clearly at a distance. Many millennials will find themselves squinting to see things that are farther away, may have headaches and rub their eyes frequently. "They are exploiting drugs like ibuprofen for the headaches associated with eye fatigue and neck pain from prolonged work on the computer. This leads to stomach problems," Dr. Sonpal warned.



3. IBS and digestive exams

We must also consider that the foods we consume today are full of antibiotics and hormones. Millennials are a generation whose diet was mainly full of processed foods. We see a lot of celiac disease (gluten intolerance). A study in the Journal of the National Cancer Institute found that since the mid-1980s to 2013, the incidence of colon cancer has increased most rapidly among people aged 20 to 29, at 2.4 percent per year. "The case here is that they have stomach problems and self-medicate without checking with a doctor. This can be the beginning of something serious. If you have chronic stomach pain, consult a doctor. Intestinal health is incredibly important for the general well-being," advised Dr. Sonpal.

4. Mental health assessment

Millennials are a stressed generation. The problem is that they feel disconnected from themselves and lost with the life they live. They feel they are not enough and then move on their Instagram networks and see people their age with luxury watches while traveling to Europe and Dubai and feel desperate, stressed and depressed because their life is not like that. They are exploiting Xanax and exploiting alcohol. The good news is that millennials are willing to talk about their

feelings and studies show that this is the first generation that sees no stigma about consulting a therapist or a mentor. Sometimes, a break or a layoff can trigger a downward spiral toward depression or even addiction to drugs or alcohol.



5. Annual exam and immunizations

It is recommended that you get the flu vaccine every year. Another important vaccine is for the HPV mentioned above. Dr. Sonpal noted that the HPV vaccine has expanded coverage and is important in preventing certain types of cancer. Other vaccines may also be recommended depending on your health history. The only way to know is to have an annual physical exam.



Dr. Sonpal encourages millennials to undergo these tests, either at the beginning of the year or the month of their birthdays, so they can easily remember the last time they went to the doctor for these exams.

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