



Preventive Medical Self Checks Without A Doctor

Everybody who owns or drives a vehicle, should be able to perform some routine basic preventive checks on the vehicle without waiting or needing to go to a garage. These checks include; Engine Oil level, Engine Coolant Fluid level, Brake Oil level, Flat tire, Tire Pressures, Headlights, Screen Wiper, Engine Temperature, Hand Brakes, and a few others.

The same principles of checking our vehicles regularly applies to the human body. There are certain routine basic Preventive Medical Self Checks or PMSC that most people can perform on themselves, without waiting for or needing to go to a doctor.

Preventive Medical Self Checks (PMSC) can Reassure you, or help you to Prevent or Detect Silent Diseases very early, before they become Life-threatening, Urgent or Too Late. PMSC are very easy to do, and you can do them on a regular basis, as frequent as you feel. Generally speaking, if there are no specific complaints or symptoms, it is sufficient to perform these checks once in every 1-3 months. Ideally, Preventive Medical Self Checks, should be done between Routine Preventive Medical Checkups by your doctor.

Below are some of these basic Preventive Medical Self Checks that you can perform, on yourself or your loved ones, without any sophisticated equipment, special tools or waiting to see a doctor:

1. Urine Check:

A basic visual check of the urine for the Color and Clarity or Transparency.

Collect a sample of your urine in a Clean, Clear and Transparent container (glass or plastic cup). Then view the urine in the cup against daylight or a white light, and check for the following:

Color: The color of a normal urine is Pale Yellow to Deep Amber.

Clarity or Transparency: A normal urine is very Clear and Transparent. You should be able to see clearly through it.

If you find or suspect anything abnormal, then check 3 more times again. Do this at different Days and Time periods. If in doubt, please consult your doctor.

2. Feces (Poop) Check:

A basic visual check of the poop for the Color, Blood and Mucus.

Color: The color of normal poop is Medium to Dark Brown depending on your diet.

Blood: A normal poop should not contain blood.

Mucus: A normal poop should not contain visible mucus.

If you find or suspect anything abnormal, then check 3 more times again. Do this at different Days and Time periods. If in doubt, please consult your doctor.

3. Semen (Sperm) Check:

A basic check of the semen for its Color, Blood and Texture.

Color: The color of a normal semen is whitish-gray, but it can vary slightly. Temporary changes in semen color can occur, but that should not be an issue if there are no other complaints or symptoms.

Blood: A normal semen should not contain blood.

Texture: A normal semen has a jelly-like texture.

If you find or suspect anything abnormal, then check 3 more times again. Do this at different Days and Time periods. If in doubt, please consult your doctor.

4. Vaginal Discharges Check:

A check of Vaginal Discharges for Color, Odor, Blood and Texture.

Color: A normal vaginal discharge is clear or white in color.

Odor: A normal vaginal discharge does not have a strong odor.

Blood: A normal vaginal discharge does not contain blood when a woman is not Menstruating or Ovulating.

Texture: A normal vaginal discharge should be watery or thick and sticky.

If this is not the case, check 3 more times again. Do this at different Days and Time periods. If in doubt, please consult your doctor.

5. Lumps and Discharges Check:

Take time to feel your Breast (women and men), Testicles and Skin for **Lumps, Irregularities** or **Discharges**.

Additionally, you should check for any liquid discharge from your nipples when you are not breastfeeding or lactating.

If you find any lump or irregularities, or any fluid discharge from your nipples when you are not breastfeeding or lactating, please consult your doctor.

6. Pulse / Heart Rate Check:

At rest, after sitting down and relaxing for about 5 minutes, put your finger on your pulse or on the side of your neck (see picture in the full document) and count the number of beats during 1 minute. Alternatively, you can count the number of beats during 15 seconds and multiply the count by 4 to get the number of beats per minute. The pulse rate is generally a direct indication of the heart rate.

Beats per minute: A normal pulse / heart rate for healthy adults can range from 60 to 100 beats per minute. Pulse rate often increases with exercise, anxiety, illness, injury, and emotions. Athletes or people who exercise regularly may have a lower heart rate at rest.

Regularity: Normal Pulse / Heart beats are Regular and Consistently Similar most of the time.

If this is not the case, check 3 more times again. Do this at different Days and Time periods. If in doubt, please consult your doctor.

7. Body Mass Index (BMI) Check:

Check your Height, Weight and calculate your BMI regularly using one of the freely available online [BMI calculators](#). BMI is a good measure of the proportion of body fat and it is a very good indicator of the general health of the body.

If your BMI is not within the normal range, then you need to manage your weight and body fat, even if you are a Japanese Sumo Wrestler.

This can simply be done by following a good combination of [Diet and Sufficient Body Movement](#) (Exercise). If you need help or in doubt, please consult your doctor.

8. Blood Pressure Check:

At rest, after sitting down and relaxing for about 5 minutes, measure your Blood Pressure. Do this with good commercially available Sphygmomanometers or make friend with a nurse, health worker or somebody who has one. Compare your blood pressure using the chart published by the [American Heart Association](#).

If your blood pressure at rest is not within the normal range of 120/80, then check 3 more times again. Do this at different Days and Time periods. If in doubt, please consult your doctor.



Prevention Begins with Individuals

Research and Scientific facts and figures from all over the world, indicate that the majority of the Diseases or Healthcare issues that most people face nowadays, are either preventable or easily treated or even cured if they are detected early. There is a need to pay more attention to Prevention rather than Treatment of disease at individual and group level for these and other reasons.

Please remember that Prevention is always Better and More Affordable than Cure and that most of the preventive actions can be taken or initiated by the individual person themselves. If you are concerned about your findings from the Preventive Medical Self Checks, then the safest and most effective thing to do, is to give your health the priority it deserves, and consult your doctor.

Do you need More Information?

The [U.S. Office of Disease Prevention and Health Promotion](#) and many other Public, Private and Non-Governmental Organizations such as, [American College of Preventive Medicine](#) and [Medica Humana International Foundation](#), are seriously and actively Advocating, Campaigning and Promoting Preventive Healthcare.

Please share these Preventive Medical Tips with those you love.

Disclaimer:

All information contained in this document do not constitute a Medical Advice or Treatment Claims. If you have any doubt or questions, the best action to take is to consult your doctor as soon as possible.

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Dr. Waley (Adewale) Salami, is an advocate of Preventive Healthcare. He is an experienced Clinical Research Physician and a specialist in Bio-Pharmaceutical Drug Development. Waley is a member of the American College of Preventive Medicine and Co-Founder / Chief Medical Officer of Medica Humana International Foundation in Netherlands. Waley publishes both on Medical-Scientific and Freely and Publicly accessible media such as [LinkedIn](#), [ResearchGate](#), [Wikipedia](#), [Blogger](#), [SlideShare](#), [WikiHow](#), [WikimediaCommons](#) and others.