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YourLIFE

BEST OF THE REST

Blood Glucose Test

Recommended for the over 40s, this home blood test checks for high blood sugar levels within 90 seconds and tells you whether you may have diabetes.

Cholesterol Test

High cholesterol levels can increase your risk of heart disease and early detection lets you make lifestyle changes such as addressing stress levels, poor diet and giving up smoking. The SELFCheck blood test, gives results within three minutes.

Bowel Health Test

The SELFCheck Bowel Health Test detects the presence of blood in the stool - a common sign of polyps. If detected early, these polyps can be removed before they grow into malignant tumours. You take a stool sample and get results within five minutes.

Stomach Ulcer Test

A tiny blood sample can tell you in 10 minutes if you are infected with the Helicobacter pylori bacterium which affects half the world's population and can cause stomach ulcers or gastritis, and in a few cases progresses to stomach cancer.

- All of the above tests cost around €15 and are available from independent pharmacies and the first three are also available from selected Tesco stores.