Health Examination in Taiwan

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Health examination plays an important role in preventive medicine. Many different types of health examination have been developed both in the public and private department. In the public department, the Health Promotion Administration, Ministry of Health and Welfare in Taiwan provides free adult health examination and cancer screening.

The adult health examination includes: (1) Aged 4~64 years old, every three year. (2) Aged above 65 years old, annually. (3) Subjects with polio and aged above 35 years old: annually (4) Taiwanese aborigines and aged above 55 years old, annually. The items of screening program include: (1) baseline questionnaire, (2) physical examination, (3) anthropometric index (height, weight, body mass index, waist circumference), blood pressure, (4) laboratory essay: urine protein, BUN/Creatine, eGFR, GOT/GPT, fasting glucose, total cholesterol, triglycerides, HDL-C, LDL-C, HBsAg, Anti-HCV (5) Health consultation, such as smoking cessation et al. Some local government also provides additional examination for elderly, such as ECG, CxR et al.

Four cancer screening programs were also provided: (1) oral cancer (smoker or betel nut chewer and aged above 30, or aged over 18 years old Taiwanese aborigines with the habit of smoking or betel nut chewing; (2) breast cancer (mammography every 2 years, aged 45~69 or aged 40~44 combined with family history of breast cancer); (3) colon cancer (stool OB screening, aged 50~74, every other year); and (4) cervical cancer (Pap smear, aged above 30, every 3 years).

Many programs were also provided from private clinical or hospital. These programs include: (1) General examination: subspecialist consultation, physical examination, laboratory essay, heart or abdominal ultrasound, pan-endoscopy, colonoscopy, image et al. (2) Whole body MRI exam and lung CT scan. (3) Coronary artery disease exam: multi-slide CT scan for heart, Treadmill test, Thallium stress test. (4) PET scan. (5) Genetic test. (6) Gut microbiota examination et al.