***REGULAR MEDICAL CHECKUP***

Have you ever spared a thought for the phrase sometimes used on an obituary "...passed on after a brief illness? You should have right? Come to think of it, more than sixty percent of Nigerians do not undergo regular medical checkup and fewer do not believe in visiting the hospital except in the case of serious illness. You might ask what is medical checkup. [Medical checkup is the thorough](https://www.vocabulary.com/dictionary/medical%20checkup" \o "https://www.vocabulary.com/dictionary/medical%20checkup) physical examination which includes a series of tests depending on the age, sex and health of the person.

Just the same way you need to have your bath regularly to maintain proper hygiene, you need to have a constant medical checkup to keep an update on your health, well not as often! Some illnesses such as cold sores tend to remain dormant for a period of time and manifest themselves when they have done a considerable amount of damage to your body and when this happens, you may get to the hospital a little too late.

If you have a symptom and instead of going for a checkup, you insist on self medication. You might eradicate the symptoms but the cause will remain therefore causing it to build up. As a result, after a period of time it manifests itself again and leads to a breakdown. At that time it may cost a lump sum to cure or might be impossible therefore, in most cases after a brief sudden illness the body gives up. Now you surely do not want to appear in such posters, God forbid that but you need to regularly undergo medical checkup.

'Health is wealth' is a popular phrase you must have come across emphasizing that unless you are healthy, you cannot be wealthy. So create time and make it a routine to ensure proper healthy living. Note, there is no need to develop cold feet about it when you think of your finances, you can visit any health center near you where checkups are [freely conducted](https://www.google.com/aclk?sa=l&ai=DChcSEwiavKnjoIX5AhWhj2gJHfi3BmEYABABGgJ3Zg&sig=AOD64_0mm6FZ3JvR6qxGjFXGosDZ5yuItw&ved=2ahUKEwj6-qDjoIX5AhVRSxoKHc8yB-MQwgUoAHoECA4QAw&adurl=" \o "https://www.google.com/aclk?sa=l&ai=DChcSEwiavKnjoIX5AhWhj2gJHfi3BmEYABABGgJ3Zg&sig=AOD64_0mm6FZ3JvR6qxGjFXGosDZ5yuItw&ved=2ahUKEwj6-qDjoIX5AhVRSxoKHc8yB-MQwgUoAHoECA4QAw&adurl=).