

# Health screening

## What is health screening?

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Health screening is the early identification of personal risk factors to assist in the prevention of disease. It can not only improve our chances of living longer, but also improve the quality and vitality of our daily lives. The early detection of symptoms, combined with realistic advice, will lead to a happier and healthier lifestyle.

Health screening can bring peace of mind and reassurance through a comprehensive assessment of your current state of health and well-being. Its purpose is to predict and pre-empt many major diseases at an early, usually silent or symptom free stage, when treatment may be simpler and more successful.

Within two weeks of your appointment you will receive a written report of your results with explanatory information. There is no need for a referral letter from your General Practitioner but with your written consent, he or she will receive a copy of the results.

For further information or to make an appointment, please telephone The Health Screening Department on **(01793) 816020**

At busy times an answer machine may be used – please leave a message and a member of the health screening team will return your call as soon as possible.

Health screening offers the following tests and procedures. Simply choose the programme that suits you best.

### Executive health screen

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- Consultation and ‘top to toe’ physical examination by a doctor
- A detailed occupational, personal and environmental history
- Complete heart check including electrocardiogram
- Blood tests including cholesterol levels, full blood count and important biochemical tests of the liver and kidneys
- Tests of vision
- Tests of lung function
- Urine analysis
- Blood pressure assessment
- Height and weight analysis (body mass index, body fat percentage and body fat weight calculated); waist and hip ratio
- Bowel cancer screening test

### Well man screen

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- Lifestyle analysis (includes an assessment of smoking, diet, alcohol intake, stress and anxiety)
- Review of past and present medical history
- Review of family history
- Blood pressure
- Height and weight (body mass index and body fat ‘weight’ calculated); waist and hip ratio
- Urine analysis
- Cholesterol test

### Prostate cancer screen

This blood test, used together with a discussion and examination with a doctor, is recommended for men aged 45 and over.

### Abdominal aortic screen

This screen uses ultrasound to examine the aorta (the largest blood vessel in the body) and check for any signs of an aortic aneurysm (when the aorta wall weakens and widens to form a bulge that may rupture). It is especially recommended for men aged 50 and over, and women aged 50 and over with a family history.

### Femscreen

The femscreen takes approximately one hour and can be requested in addition to the executive health screen, or on its own.

- Full gynaecological and personal medical history with a female doctor
- Pelvic examination
- Clinical breast examination and instruction on self-examination
- Height and weight measurement
- Urine analysis
- Blood test for anaemia

A cervical smear test and/or mammography can be included in the femscreen by prior arrangement and at additional cost.

### Cervical smear test

This test is conducted in a relaxed and unhurried atmosphere, which allows you the opportunity to ask questions and seek advice and reassurance. The test takes approximately 15 minutes and includes:

- Pelvic examination by a female doctor, if preferred
- Cervical smear test

As we have our own laboratory support services, results are available promptly which means less delay and less anxiety for you.

### Health screening price list

Executive health screen	£380
Executive health screen* Including femscreen	£500
Femscreen	£150
Femscreen with cervical smear test	£220
Femscreen with mammogram	£250
Femscreen with cervical smear test and mammogram	£330
Well man screen	£200
Cervical smear test	£80
Aortic ultrasound	£155
Prostate cancer screen	£45
Chest x-ray	£80

\*A reduction will be made if a mammogram is not performed.

**Full payment is required on the day of your screen. Payment can be made by cash, cheque, credit card (including the BMI Card).**

If an appointment is cancelled less than 48 hours before it is due a cancellation fee will be charged.

