

GOLD HEALTH SCREEN

Galen Health Screen – approximate time with doctor and nurse 1hour 40mins

During the health screen, the patient will have the following:

- Blood pressure,
- Pulse,
- Height, weight, and body mass index (BMI),
- Waist to height ratio,
- Optic examination for visual acuity,
- Temperature,
- Blood finger testing screening for diabetes.
- Urine testing screening for diabetes, protein for kidney disease and infections.

Our experienced nurses will take a blood test for a fully comprehensive analysis which includes:

- Full blood count
Look for haemoglobin levels
Look for markers of infection
Look at cells to fight infection and help immunity
- Electrolytes
Balance of fluid and salts in the body to aid cell function
- Kidney function
Basic kidney function
Screening for kidney failure
Screening for kidney diseases
- Liver function tests
Activity of the liver
Normal functioning of liver to break down toxic substances
Signs of any infection of the liver
- Lipid profile
Cholesterol – assessing the risk of heart disease
- Glucose
Screening for diabetes

Our nurses will perform an Electrocardiogram (ECG) which records the electrical activity of the heart. This test is used to indicate any cardiac rhythm problems and help diagnose cause of symptoms such as palpitations or chest pain. It can also indicate any ischemic cardiac disease.

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Following these tests, the patient will spend time with the Doctor, who will take a detailed medical history, current medical problems, risk factors for diseases and illness, medications review, family history review of risk factors, lifestyle activities, detailed body systems review. The doctor will then carry out a comprehensive medical examination.