

## PLATINUM HEALTH SCREEN

### **Galen Health** – approximate time 2 hours

This Health Screen includes a health review and assessments carried out by our Doctors, Nurses and Physical Health Lead.

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

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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.

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.

Our Physical Health Lead and Nutritionist will work with the patient to analyse diet and nutritional status, to focus on aims and goals, to advise and formulate an exercise and nutritional plan to reduce unhealthy aspects of the body.

Working together with diet advice and practical lifestyle assistance to achieve:

- Improved fitness
- Health toned body
- Weight loss or gain
- Improved functional strength
- Improved posture
- Stress reduction
- Improved self confidence
- Increased well being

The key focus on nutrition is to:

- A complete review of your current nutrition intake
- To work with you to provide the true factors of body weight control
- To explain the diet minefield – what works and why
- Food supplements – what works and why