



Health Checks

There are many organisations offering Health checks, often at great expense. Whilst these might seem appealing, in fact many of the tests recommended offer little to help in identifying health issues or averting future health problems. Often there are just a series of generic “tick box” screening tests, broadly classified as a health check.

There are hundreds of different screening tests available for those seeking healthcare - However, not all of these are needed, and most of the time many are unnecessary unless patients present with specific health conditions. Therefore, it is important that we select suitable tests based on evidence, thorough history, and assessment, to provide the best indicators of potential health problems.

At Cambridge Private Doctors we believe in personalising health checks to the individuals **actual** needs.

In addition, we treat any problems identified, rather than just refer them on.

Unlike many health checks that result in feedback being given to a patient without further guidance, that they are then responsible for taking to their GP - **if we find a problem, we treat it.** We come up with an agreed management plan with our patients and prescribe and follow up as needed.



We offer the following services – but can tailor more to meet your needs:

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General Health check

You will book for an appointment with one of our doctors for 45 minutes

Prior to your assessment you will be sent a questionnaire to help us by knowing your:

- Previous medical conditions
- Current symptoms
- Any current health concerns
- Family history
- Lifestyle factors
- Previous investigations of tests

<https://questionnaire.heydoc.co.uk/930b226b30c702e90710692bf940ba672c39e26e>

In clinic the doctor will take a further detailed history, perform necessary examinations, and discuss further tests that are relevant to you.

We will provide detailed feedback of all your results and agree a joint management plan to help preserve your health or deal with any abnormalities discovered

What happens during your health check?

Your initial consultation

This will be with one of our doctors who specialises in either male or female health.

We will take time to explore your health concerns and take a full history.

What are your worries?

What are your risk factors for significant diseases and cancers?

What is your risk of cardiovascular disease – strokes and heart attacks, and what can be done to prevent this.

What is your risk of diabetes?

Physical examination

As part of your initial assessment, your doctor will perform a full physical examination, as well as other tests tailored to your individual needs. At this stage, your doctor can also organise specialist additional imaging (such as X-rays or other scans as needed).

Once we have your results, we will forward a full report to you

- They will discuss with you, in plain and simple language, what the results mean and then talk you through their recommendations.
- You start a treatment path (if clinically appropriate)
- If clinically appropriate, your doctor will outline further treatment or investigations that they would recommend.

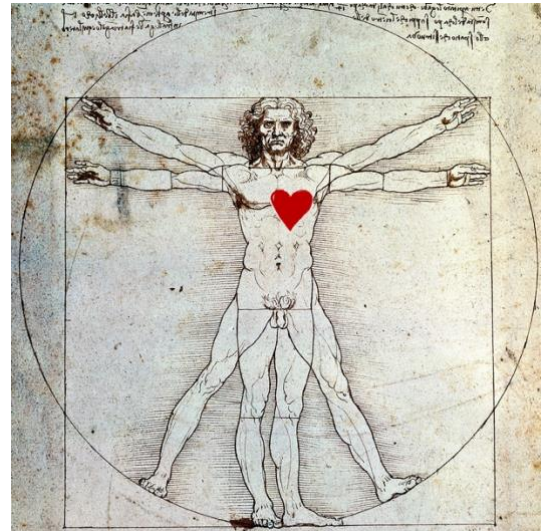
Heart Health

The greatest risk factor is getting older. Any one over 40 should start thinking about how they can minimise their risk of heart disease.

Your GP can offer cholesterol and blood pressure checks, but we can offer you a more detailed assessment

The Following tests are available

- Blood count
- Kidneys
- Liver
- Gout
- Iron stores
- Vitamin D
- Diabetes screen
- Detailed cholesterol breakdown – measuring your good and your bad cholesterol



Electrocardiograms — also called ECGs or EKGs

An electrocardiogram records the electrical signals in your heart. It's a common and painless test used to quickly detect heart problems and monitor your heart's health.

Imaging

Echocardiogram

An echocardiogram uses sound waves to produce images of your heart. This common test allows your doctor to see your heart beating and pumping blood. Your doctor can use the images from an echocardiogram to identify heart disease.

Coronary Calcium Score

A calcium-score screening heart test (coronary calcium scan) uses computerized tomography (CT) to detect calcium deposits in the coronary arteries of your heart. A higher coronary calcium-score suggests you have a higher chance of significant narrowing in the coronary arteries and a higher risk of future heart attack.

You should consider a calcium scan if you are between ages 40-70 and at increased risk for heart disease but do not have symptoms.

Heart rhythm monitoring

Altered heart rhythms, especially atrial fibrillation, become commoner as you get older and often are symptomatic. We offer the BodyGuardian® MINI - the first fully waterproof-submersible arrhythmia monitor.

A highly advanced device that records every single one of your heart beats for up to 14 days.

This can detect Atrial Fibrillation in patients. Detecting this condition can reduce the chance of a stroke by 80%

Every woman has individual needs regarding her health. At CPD we aim to provide preventative health screening to address specific health needs of women and identify any early signs of degenerative illness or potential health risk factors. We also aim to give you the best advice on lifestyle choices, physical and mental health issues, and advice regarding your risk factors.

We can also offer:

- Hormone tests
- Cervical smears
- Mammograms
- DEXA scans for osteoporosis

We are all aware of many companies out there offering comprehensive medicals which consist of a battery of tests, with little tailoring, little monitoring, or follow-up of the implications of these tests.

We are attempting to provide individualised testing tailored to your specific health requirements, and comprehensive follow-up to deal with any conditions revealed by the examination and tests, and provide you with an experienced medical opinion on how to optimise your health

Medical check-ups should become part of your self-care regime you don't need to wait until you are feeling unwell, having a check-up when you're feeling well can give you a better understanding of your health and allowing to take preventative measures when necessary

When looking at cancer screening tests it's important to appreciate that no screening can be 100 percent perfect. All tests have what we call false positives, results that are raised but may turn out not to be serious, and likewise false negatives results that appear normal but do not confirm the absence of a condition.

Contraception

Contraception needs to be considered for all women of reproductive age that are having sex. Though the 40s and into the perimenopause contraception is still required. For women whose last period comes under 50y, we advise contraception for 2y after this period, women with a last period over 50y need contraception for a further year.

For women over the age of 40y there are plenty of options for contraception. They should also be considering ways of preventing sexually transmitted infections if they are embarking on a new relationship. We can guide you through the best contraceptive options for you, and fit coils or implants if required.

Men's Health

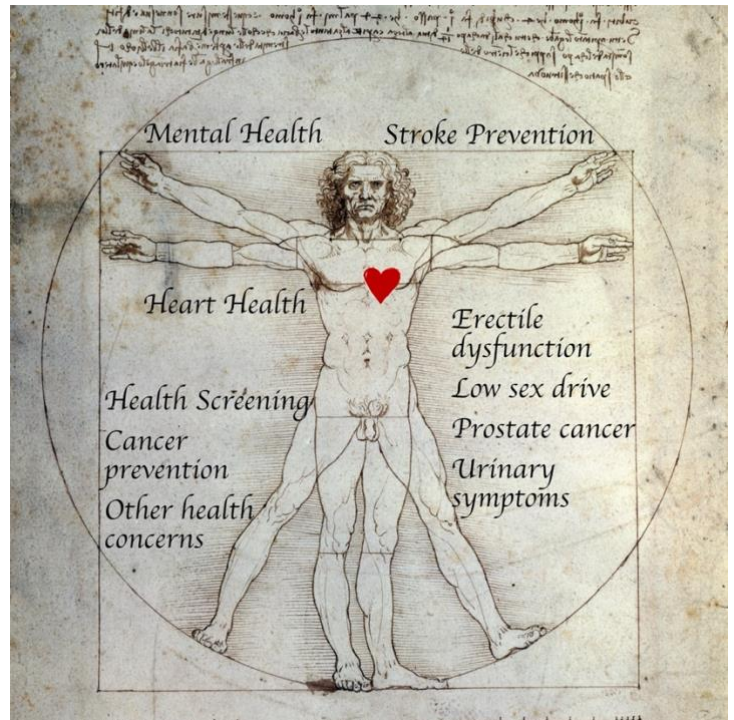
Think about booking in for a male MOT



How are you now & how can you reduce your future risks?

We can review

- Heart risk and Heart health
- Prostate
- Erectile dysfunction
- Testosterone deficiency
- Any current health concerns that you may have
- Diseases that run in your family and your personal risk
- Stroke risk
- Screening for diabetes
- Mental Health screening



Men's Health – health issues for men.

Many men worry about cancer, heart disease and erectile problems – but are embarrassed to ask or think nothing can be done.



Prostate

As men get older the prostate increasingly can become a problem, both for causing problems with passing urine and the risk of cancer



Prostate cancer

Am I at risk of prostate cancer?

In the UK, about 1 in 8 men will be diagnosed with prostate cancer in their lifetime. We don't know exactly what causes prostate cancer but there are some things that may mean you are more likely to get it – these are called risk factors.

There are three main risk factors for getting prostate cancer, which are things you can't change. These are:

- Getting older – it mainly affects men aged 50 or over
- Having a family history of prostate cancer
- Being black.

There are around 130 new cases of prostate cancer every day in the U.K. However, more than 84% of men will survive for 10 or more years under current treatment regimes. The key to beating prostate cancer is catching it early. Symptoms of prostate disease include:

- Poor urinary flow
- Hesitating starting passing urine
- Going more frequently
- Feeling as if you have not emptied completely
- Dribbling afterwards
- Blood in the urine

However, many of these symptoms can also be just a sign of normal prostate enlargement with ageing

What is your risk?

You can use the calculator below

<https://prostatecanceruk.org/risk-checker>



Or better still, you can book a prostate check with us. This includes:

- **H**istory to help determine your risk
- **P**hysical examination of your prostate
- **A**ssessment of your prostate score - to measure the severity of lower urinary tract symptoms.
- **PSA test** - **P**rostate **S**pecific **A**ntigen, is a protein made by the prostate which naturally leaks into the bloodstream. Although the PSA test is often done to detect cancer in men who have problems passing urine it is also used to help in the treatment of men who are known to have prostate cancer, it can also detect early prostate cancer before it causes symptoms or any abnormality of the prostate.

Report after testing to help:

- Give you a risk assessment
- Suggest further follow checks for cancer
- Offer treatment to help with urinary problems

Testosterone Deficiency

Testosterone deficiency is common over the age of 40 and affects up to 12% of men aged 50 and over

Low levels of testosterone, can produce a variety of symptoms in men, including:

- decreased sex drive
- less energy
- weight gain
- feelings of depression
- moodiness
- low self-esteem
- less body hair
- thinner bones

Who gets testosterone deficiency?

Whilst testosterone production naturally tapers off as we get older, other factors can cause hormone levels to drop.

- Diabetes
- Obesity
- High blood pressure
- Heart disease
- Medications (many prescription drugs can also reduce testosterone levels)

How can testosterone deficiency be treated?

Testosterone replacement therapy (TRT) can be suitable for many men – and can help alleviate many of the symptoms described above as well as possibly reducing risk of diabetes and heart disease and helping weight loss

In addition, addressing important lifestyle issues also is vital

Testosterone deficiency can be treated.

If you think that you may have TD book an appointment today (45 minutes)

Wellness

Lifestyle medicine and preventative care are the future of healthcare. The outcomes on our physical and mental wellbeing when we tweak our diet or exercise far outweigh those of a lot of medications. You might like to use your health check to review your lifestyle.

Fill in our lifestyle review questionnaire following our ABC formula and use your appointment to go through how you can make your lifestyle work for you.

<https://questionnaire.heydoc.co.uk/a39c2ddb90ec14c0e619a3d1a7c7a619d241381d>

A-F of wellness

A- Avoidance of substances such as alcohol and cigarettes, you may want help to stop addictive substances.

B- Breathwork and how it can help you physically and mentally.

C- Connection and advice around how being more connected to not just others but to ourselves by using mindfulness and to the world around us by spending more time in nature, can make us healthier.

D- Daily routine of sleep and nutrition advice.

E- Exercise, learn how much and what you can do based on your individual circumstances.

F- Feelings, looking at how we can switch on the positive pathways in our brains by using simple CBT techniques.

You may want to supplement this conversation by having blood tests to review your lipid profile and risk of diabetes.

What are the costs?

We would recommend a minimum of 30 minutes for a simple check (£155), particularly if it is about just a single issue, however most checks should be booked for 45 minutes

We would recommend.

General Health Check – 45 minutes £230

- A general Health check is tailored for you and can include a heart health, women's health, men's health check, Review for testosterone deficiency

Blood tests and other investigations will be priced accordingly, however here are some ideas as to current prices – these sometimes will vary as the labs do alter costs

- Investigations – these are added to the cost of the health check (we never do tests in isolation; they are always part of a check)

Screening blood test <i>Includes Blood count, kidneys, liver, calcium, cholesterol, vitamin d, iron stores, thyroid and gout, cholesterol</i>	£138
Hb1AC (diabetes blood tests)	£21.45
Prostate cancer blood test	£44.28
Testosterone blood tests	£31.83
Women's Hormone profile	£128.69
Coronary CT scan – to assess heart disease	£494
14 days Continuous ECG for AF/Stroke risk	£250
Bone density scan (DEXA) for osteoporosis	£135
Mammogram	£186
Chest x-ray	£116.22
Echocardiogram (heart scan)	£316.80
MRI scan depends on area	~£520
ECG	£100
We offer a comprehensive screening service (at the Nuffield or our branch surgery) carried out in a 30-minute appointment for £164. There are additional charges for processing the smear as below. The sample will be automatically checked for abnormal cells – cost £53. If you are found to be positive for HPV changes in the cells of the cervix at no additional cost. If you wish to have HPV & and cytology done together, there will be an additional charge of £65.48. So the total additional cost would be £118.48	

How do I book?

You can book directly online – just choose a 30 minute or 45 Minute appointment

Or email us if you are unsure

Complete the General Questionnaire

<https://questionnaire.heydoc.co.uk/930b226b30c702e90710692bf940ba672c39e26e>

Or complete the Wellness Questionnaire

<https://questionnaire.heydoc.co.uk/a39c2ddb90ec14c0e619a3d1a7c7a619d241381d>