

# Health Screening

Physical Health Screens offer health screenings at an affordable price to both individuals in their home or a place of their choice (minimum of 2 people) and companies in their workplace.

Why is it necessary to have a personal health screening?

- The body is a machine. It needs to be checked regularly.
- Early detection of any abnormality can save lives.
- Whilst the NHS is exceptional it does not carry enough funding to enable tests to be initiated where symptoms are not in evidence.
- Symptoms do not always show until it is too late! Health screening can identify problems before symptoms show.
- Your health is your most important asset.
- Prevention is always better than cure.
- A healthy workforce has proven to be more productive.
- In most instances the cost of a health screen is less than one week's wages.
- Early identification of a problem could save a company quite a substantial amount of time and money. An employee could be absent from work due to ill health for weeks or months at a time.

How long does the whole process take? - What is the procedure and cost?

- Approximately one hour (without optional extras).
- If a corporate client wishes to return to work before the blood testing is completed the time involved would be approximately 20 minutes.
- One venous blood sample only is required for all blood tests.
- One urine specimen.
- Cost: Contact us now for an up to date personal quote.
- Optional extra's - Carbon Monoxide, Vision Screening, Audiometer test, Oral Drug Screening and Alcohol testing.

Why P.H.S.?

- Cost and time effective - We come to you. Your valuable time is not wasted in travelling, looking for car parking space and sitting around waiting. In some instances travelling can mean absence from work for half to one day.
- All test results (shown in enclosed sample document) are given at the time of screening in a fifty page personalised A4 document (except Thyroid and P.S.A).
- Thyroid & P.S.A. (results in 48hrs)
- Fully trained healthcare professionals conduct the health screening tests.
- Equipment used is state of the art and reflective of that used in the health service.
- Total confidentiality. We do not give your results to anyone (including your GP) without your consent or request.

Where applicable instruments are calibrated daily and quality control checks performed ensuring accurate result

The values in the therapeutic range (page two of the personalised A4 portfolio given at the time of screening) relate to the laboratory instrument PHS use. Values and reference ranges can differ from hospital to hospital depending on the equipment used but in most cases results will have the same % differential. If the results are not within the stated reference range the client will be advised to consult with their own GP who will then run the same test again and follow up with any action necessary.

What does the health screening include?

- Height and Weight
- Body Fat Percentage (Bioelectrical Impedance Analysis)
- Body Mass Index (weight divided by height)
- Blood Pressure (resting)
- Urinalysis (7 tests) early detection of any problem is very important
- Lung Function (4 test results, graph, and estimated lung age)

Blood Tests

- Creatinine (kidneys).
- Urea (kidneys) - Creatinine and Urea are used in conjunction with each other to determine the interpretation of results
- Alkaline Phosphatase (Liver, kidneys and bones etc) - is not a single enzyme - its activity represents the sum of individual activities of intestinal, placental and hepatic-bone-renal ALP, postgenetic forms including biliary-duct alkaline and tumour phosphatase.
- Bilirubin (Liver-spleen system)
- Alanine Aminotransferase (ALT or LFT's) assess the state of the liver and the biliary system.

- Gamma-Glutamyl Transpeptidase (Gamma G T) Liver disease. Most sensitive test for liver damage.
- Glucose &ndash; Diabetes - Vital for early diagnosis for the appropriate treatment to be initiated.
- Haemoglobin- a high or low reading can be of major importance.
- Cholesterol (an American 10 year study offers conclusive evidence that the reduction of total blood cholesterol can reduce the incidence of coronary heart disease).
- LDL Cholesterol &ndash; This is sometimes described as the bad cholesterol.
- HDL Cholesterol - This is referred to as the good cholesterol.
- Triglycerides - High levels of triglycerides have also been linked to heart disease in certain individuals.
- Cardiovascular Risk Assesment - This is calculated according to the FRAMINGHAM study. The Framingham risk score estimates the risk of developing Coronary Heart Disease within a 10-year time period.
- Each year there are 250,000 deaths from coronary and circulatory disease.

All the above test results and an explanatory information sheet of each individual test are given at time of screening in a personalised A4 portfolio. A dietary health promotion, alcohol unit calculation, self, breast and testicular examination, stress related exercises and information for people who would like to stop smoking are also included.

- Prostatic Specific Antigen &ndash; PSA. Every year in the UK nearly 32,000 cases of prostate cancer are diagnosed in the UK. Prostate cancer causes 10,000 deaths in the UK each year. An enlarged prostate or raised test result does not always mean there is cause for concern.
- Thyroid Stimulating Hormone. (A Free T 4 is carried out depending on the Thyroid result)

These results are given 72 hours after screening by telephone and a hard copy posted out to the client

An example health screen report can be downloaded [here](#).