

BASIC HEALTH CHECKUPS



GLUCOSE TEST

Your blood sugar levels, also known as blood glucose levels, are a measurement that show how much glucose you have in your blood. A glucose test can help determine if you are at risk of diabetes.



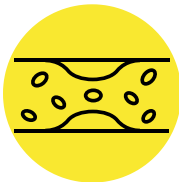
IRON TEST

Gives a measure of your haemoglobin. By measuring your haemoglobin levels it can give an idea of your general health and can indicate any problems like anaemia for example.



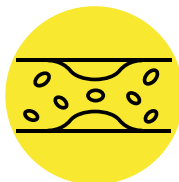
BLOOD PRESSURE

Average blood pressure is calculated after three readings have been taken. High blood pressure (hypertension) can lead to heart problems or stroke if left untreated.



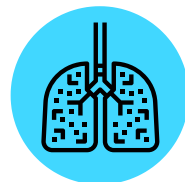
TOTAL CHOLESTEROL

Gives a measure of your total cholesterol level. Cholesterol is a fatty substance found in the blood. High levels can lead to a stroke or heart problems.



CHOLESTEROL PROFILE

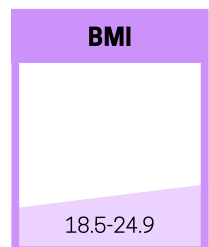
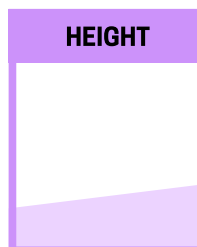
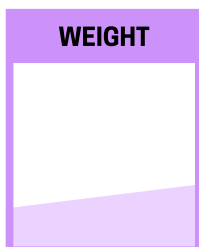
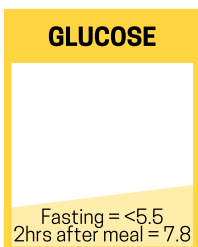
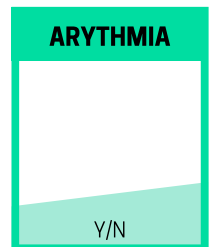
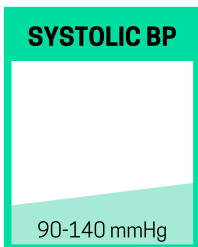
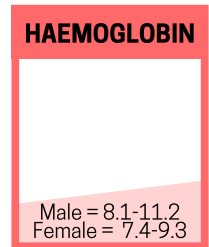
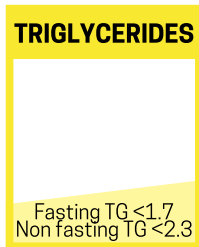
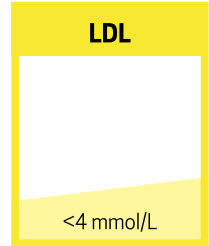
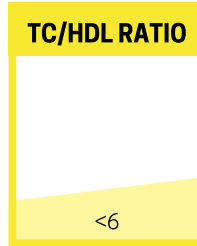
Not all cholesterol is bad. This test measures the amount of LDL (bad cholesterol), HDL (good cholesterol), and triglycerides (a type of fat in the blood).



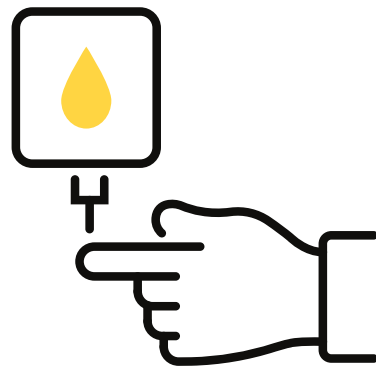
LUNG AGE

Measures your lung function to determine your lung age, taking into account your age, height and sex.

MY RESULTS



GLUCOSE TEST



Measures the amount of glucose in the blood, also known as **blood sugar levels**. We all need glucose in our blood because it provides energy to our cells but having abnormal levels can be a sign of diabetes.

WHAT ARE NORMAL LEVELS OF GLUCOSE?

FASTING GLUCOSE
Under 5.5 mmol/L

2 HOURS AFTER A MEAL
UNDER 7.8 mmol/L

RISK FACTORS FOR DIABETES

TYPE 1 DIABETES

If you have a **family history** you could have a higher risk of Type 1 diabetes. It is not affected by your lifestyle and is most likely to show up between the ages of 4 and 14.

TYPE 2 DIABETES

Risk factors for Type 2 diabetes include **obesity, lack of exercise**, eating a '**western diet**' consisting of processed food, poor quality fats and sugar, **high blood pressure** and **family history**.

Checking your levels can help see if you are "**prediabetic**" which can be reversed by diet & exercise.

HOW CAN I IMPROVE MY GLUCOSE LEVELS



EXERCISE

Regular exercise can help increase insulin sensitivity. This allows the cells to use the sugar in your blood.



REDUCE CARBS

Your body breaks carbs down into sugar. When you eat too many carbs blood glucose levels will rise.



INCREASE FIBRE

Fibre slows the absorption of sugar to reduce sharp increases in blood sugar levels.

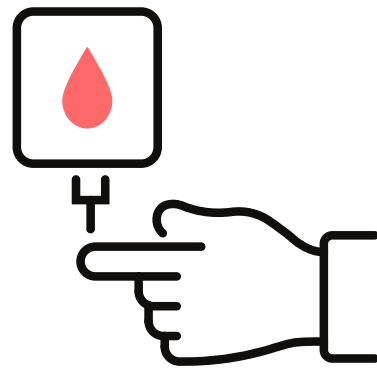
	PREDIABETIC	DIABETIC
FASTING GLUCOSE	5.5-6.9 mmol/L	7+ mmol/L
2 HOURS AFTER A MEAL	7.8-11 mmol/L	11+ mmol/L

WHY ARE GOOD LEVELS IMPORTANT?

High blood sugar levels for a long period of time increases the risk of diabetic complications such as **kidney**, **heart** and **eye disease**, **nerve damage** and **stroke**



IRON TEST



This test measure haemoglobin levels.

Haemoglobin contains iron and is an essential part of the blood that carries oxygen to cells. Low levels suggest iron deficiency anaemia which can cause tiredness, shortness of breath and pale skin.

**WHAT ARE
NORMAL
LEVELS OF
HAEMOGLOBIN**

MALE
8.1 - 11.2
FEMALE
7.4 - 9.3

Our test measure haemoglobin, low levels indicates anaemia. If you have low levels and no known cause (e.g. blood loss, low-iron diet or pregnancy) you may need to see yoy GP for further tests to check the cause.

WHAT CAUSES LOW IRON?



BLOOD LOSS

Blood contains iron within red blood cells. If you lose blood you will also be losing a lot of iron.



BAD DIET

If you don't get enough iron in your diet, you will become deficient over time.



PREGNANCY

Iron deficiency is common in pregnancy as their iron stores have to serve them and their baby.

HOW CAN I INCREASE MY IRON LEVELS?



IRON TABLETS

Iron deficiency can be treated with iron tablets such as ferrous fumarate or sulphate. You can try Solgar Gentle Iron which is less constipating.



VITAMIN C

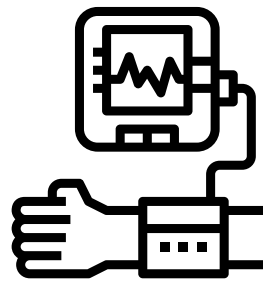
Vitamin C increases the absorption of iron which can increase your iron levels. You can take vitamin C supplements or eat vitamin C rich foods.



HIGH IRON DIET

You can increase iron in your diet by eating iron-rich foods. These include liver, leafy greens and red meat.

BLOOD PRESSURE



We calculate your average blood pressure using three readings. High blood pressure (hypertension) can lead to a heart attack if untreated.

**WHAT ARE
NORMAL BLOOD
PRESSURE
LEVELS?**

SYSTOLIC BP
90-140 mmHg
DIASTOLIC BP
60-80 mmHg

WHAT IS SYSTOLIC/DIASTOLIC BP?

Your heart is constantly relaxing and contracting. As it relaxes, it fills with blood which then gets pumped out as the heart contracts. Systolic blood pressure is the pressure of the blood when your heart is contracting and pushing out blood. Diastolic blood pressure is the pressure of the blood when your heart is relaxing and filling with blood.



WHY IS HIGH BLOOD PRESSURE BAD?

High blood pressure, or hypertension, means your heart has to work harder to pump blood around the body. High blood pressure is serious, especially if left untreated. If ignored it can lead to heart and circulatory diseases like a heart attack and stroke as well as problems with your sight and vascular dementia. Early detection is important to prevent permanent damage to your blood vessels and organs.

WHAT CAUSES HIGH BLOOD PRESSURE?

LIFESTYLE

Smoking, obesity, alcohol and high salt intake can all cause high blood pressure.

OTHER DISEASES

Health conditions such as kidney disease and diabetes can also cause high blood pressure.

MEDICATIONS

Medications such as steroids, NSAIDs (e.g. ibuprofen & naproxen) and others can affect blood pressure.

FAMILY HISTORY

Family history of high blood pressure can increase your risk of having high blood pressure.

HOW CAN I LOWER MY BLOOD PRESSURE?



REDUCE SALT INTAKE

Cutting your salt intake to less than 6g a day can help reduce your blood pressure



LIFESTYLE CHANGES

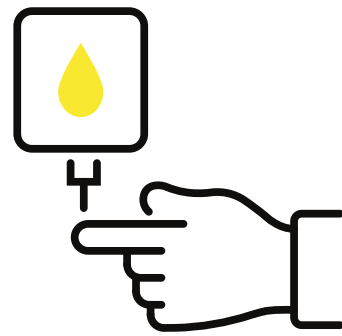
Being active, losing weight, eating less fat, stopping smoking and cutting down on alcohol can all help.



MEDICATIONS

There are a number of medications that your doctor can prescribe to reduce your blood pressure.

CHOLESTEROL TEST



Cholesterol is a fatty substance found in the blood and high levels can lead to a stroke. Not all cholesterol is bad though. There are two types: **LDL** (bad) and **HDL** (good).

WHAT ARE NORMAL LEVELS OF CHOLESTEROL AND TRIGLYCERIDES

LDL CHOLESTEROL
<4 mmol/L

HDL CHOLESTEROL
>1.2 mmol/L

TRIGLYCERIDES*
Fasting TG <1.7
Non fasting TG <2.3

**Triglyceride levels will be different depending on whether you have eaten before the test or not.*

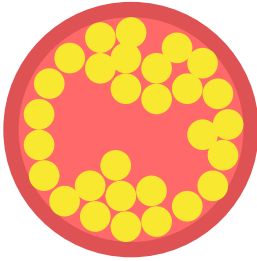
TOTAL CHOLESTEROL

This will give you a measure of your total cholesterol (HDL & LDL combined) and does not give a breakdown of the two. High total cholesterol can indicate higher chances of a stroke

CHOLESTEROL PROFILE

This test gives a full breakdown of the amount of LDL (bad cholesterol), HDL (good cholesterol), and triglycerides (a type of fat in the blood).

WHY IS CHOLESTEROL BAD?

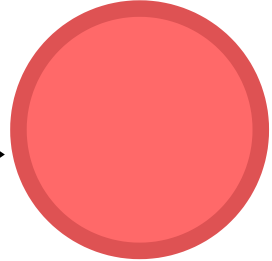


◀ HIGH CHOLESTEROL

Cholesterol will form plaques on the artery walls which causing blockages

▶ NORMAL CHOLESTEROL

With normal cholesterol levels the blood can flow easily through the arteries



High cholesterol can cause deposits on the walls of your arteries which can build up over time and eventually cause blockages. This will prevent blood flow. This can cause chest pains, heart attacks and strokes

NORMAL CHOLESTEROL AND TRIGLYCERIDE RATIOS

TOTAL CHOLESTEROL

<5 mmol/L

LDL/HDL RATIO

<3.5

TOTAL CHOLESTEROL/HDL RATIO

<6

HOW CAN I LOWER MY CHOLESTEROL?



REDUCE FAT INTAKE

Reducing your intake of fats, particularly animal fats



EXERCISE

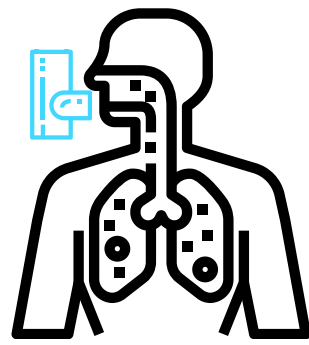
Exercise can improve cholesterol. This can include walking and cycling



STOP SMOKING

Smoking can raise your cholesterol and make heart attacks and strokes more likely.

LUNG AGE



A lung age test measures your lung function to determine your lung age, taking into account your age, height and sex. To test your lung age you will breathe into a spirometer. It will measure the amount of air you are able to breathe out in one second and the amount you can breathe out after taking a deep breathe.

HOW CAN I IMPROVE MY LUNG AGE



AEROBIC EXERCISE

Aerobic exercises will help increase your lung capacity.



STOP SMOKING

Stopping smoking is the best way to improve your lung age. We offer a stop smoking service to help you.



RESPIRATORY EXERCISES

Respiratory exercises such as diaphragmatic breathing, deep breathing and counting your breaths can help.