

Assure *level iv*

KEY FEATURES OF THE <i>LEVEL IV</i> SCREEN INCLUDE THE FOLLOWING:	MALE	FEMALE
Online pre-screen assessment questionnaire	✓	✓
Full physical examination with a doctor	✓	✓
Assessment of your important physiological health factors including:		
• Body mass index & % body fat	✓	✓
• Blood pressure and cardiovascular risk score	✓	✓
• Lung function	✓	✓
• Hearing test	✓	✓
Assessment of over 40 key body chemistry factors via blood tests and a urinalysis.		
• Cholesterol, Haematology & Biochemistry	✓	✓
• Kidney and liver function	✓	✓
• Serum Vitamin D levels	✓	✓
SIAscopy skin survey	✓	✓
Bone densitometry	✓	✓
Tissue hydration	✓	✓
Resting electrocardiogram (ECG)	✓	✓
Exercise-based cardiac stress test including full blood pressure monitoring and ECG	✓	✓
Fitness scoring including VO2 / Aerobic capacity testing	✓	✓
Strength assessment and flexibility test	✓	✓
Testicular check and self-examination instruction	✓	
Prostate cancer blood testing (PSA) aged 45 or over	✓	
Clinical breast check		✓
Cervical smear and HPV test		✓
Digital mammography aged 40 or over		A specific additional cost may apply
Bowel cancer screening aged 50 or over	✓	✓
Change and resilience package - including a 3D morphometric body scan and consultations with both a dietician and psychologist	✓	✓
Personal information pack & action plan	✓	✓

Calm, peace of mind, reassurance... The Roodlane difference.

Sometimes a screen can raise issues that would benefit from more focus and attention. Should further more specific investigations be required, your screening doctor can discuss next steps with you, and if needed can put you in touch with the right specialist.

If you feel that you would like a more detailed review of your health, then please review our range of **Assure** health screens via our website www.roodlane.co.uk.

To book your Assure health screen
please contact us via email
appointments@roodlane.co.uk
or call us on 0345 437 0691

www.roodlane.co.uk

Assure *level iv* An Assure health screen is part of a journey...



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Registered in England No 06395903



RoodlaneMedical

Your Assure health screen

An Assure *level iv* screen empowers you to make real and sustainable changes to your lifestyle, your diet and your health.

At Roodlane we are genuinely passionate about your health. We take the latest research and advice from specialists in each field of medicine so that you can have the certainty that our health screens are at the forefront of medical knowledge.

Your health matters to us.

Our clients return year after year to see a doctor they know personally and trust implicitly. By engaging with you and understanding you over many years, your doctor becomes more effective in identifying areas of potential risk to your health, and then motivating you to improve and make meaningful changes.

We don't just explain the "what and why" - we link your screen results to you and your lifestyle.

Assure *level iv*

The **Assure *level iv*** is our most comprehensive screen available and unique, offering our fullest assessment of your key health indicators. In particular, we have included a "change and resilience" package as part of this highest level screen. Combining the latest, cutting-edge 3D body scanning technology along with time with both a dietician and a behavioural therapist, we will be looking to help you make the changes needed to improve both your physical and mental wellbeing. This package is designed to support individuals seeking to increase their resilience to the pressures of both the working and home environments.

Your online pre-screen assessment

Before you attend your **Assure** screen, we will ask you to complete a thorough online pre-screen health assessment. The responses to the online assessment will help the doctor build up a picture of your previous and current health. You will have time with the doctor to discuss your diet, lifestyle, sleep and psychological well-being, as well as both your personal and family health histories. You will also have the time you need with the doctor to discuss any questions and concerns you have about your health.

Physiological assessment

As part of your **Assure** screen, you will be assessed for a range of key physiological measurements. These include your height, weight, body mass index (BMI), waist to hip ratio, and your blood pressure, along with measurement of the fat distribution in your body.

Body chemistry assessment

We undertake a number of tests as part of your **Assure** screen. Your blood test will be used to establish if there are any risk factors present in relation to your cholesterol by looking at both your total cholesterol level as well as fractional readings of your cholesterol levels. In addition, we use the blood sample to provide you with a detailed analysis of over 40 blood parameters including anaemia and iron stores, liver and kidney function, gout as well as thyroid function.

Vitamin D assessment

Vitamin D is important to overall good health, growth, muscles and strong bones. Studies also indicate that sufficient Vitamin D may speed recovery from some infections and also help prevent diseases including cancer, diabetes and heart disease. Estimates suggest that that more than half the UK population has insufficient Vitamin D levels. A lack of exposure to sunlight and diet are common factors behind this deficiency. The doctor will be able to offer you advice and guidance if you are deficient in Vitamin D and tell you how you can take simple steps to reduce the risks associated with this.

Cardiac and Diabetes risk assessment

The doctor will combine the findings of your various **Assure** screen tests along with the detail included in your pre-screen assessment results to establish your cardiac risk score and your diabetes risk. The doctor is able to guide you as regards your risk of developing either of these serious conditions and explain how you can change your diet and lifestyle to reduce such risks in the future and explain the benefits of medication if it is required.

SIAscopy skin survey

As part of your *level iv* screen, we scan up to 3 moles present for any early signs of developing skin cancers. This test involves using a handheld imaging device and placing it on the area of your skin requiring examination. The scanning process is quick, non-invasive and completely painless.

Cardiac health assessment

In addition to scoring your cardiovascular risk, your *level iv* health screen also includes both a resting and exercise electrocardiogram (ECG) test. The latter will involve using a treadmill exercise machine and so you should bring suitable clothing and footwear to enable you to undertake this assessment. The results of this test, when combined with others in your screen, will enable the doctor to provide you with a clearer idea of your current cardiac health. The doctor will discuss with you how to either improve or maintain your cardiac health for the future.

Fitness assessment

In addition to both ECG tests, we will also score your strength and fitness, as well assessing your aerobic capacity whilst exercising. Your doctor will be able to benchmark you against any previous tests you have undertaken whilst also taking into account your age and gender to give you an assessment of your overall fitness.

Osteoporosis assessment

Using the latest heel bone densitometry technology, we are able to diagnose and monitor any early signs of osteoporosis. Should any adverse results be found, then your doctor will guide you in terms of any follow-up tests that may be required.

Bowel cancer assessment

A faecal occult blood test is available as part of your *level iv* screen, although is only normally recommended for those aged 50 or over. This test is an indicator of any potential bowel cancer being present. If detected early, bowel cancer can often be treated quickly and effectively.

For men

Clinical testicular examination and testicular awareness instruction are included as a core element of the *level iv* screen for men. As such, your doctor will be able to guide you as regards your risk of testicular cancer developing. If detected early, testicular cancer can often be treated quickly and effectively. A Prostate Specific Antigen (PSA) test for any signs of any presence of prostate cancer can be undertaken in discussion with your doctor. This test is not normally recommended for men under the age of 45.

For women

Your *level iv* health screen incorporates a detailed gynaecological assessment, including a full pelvic examination. Additionally, both advanced thin-prep[®] smear testing and, where clinically indicated, human papillomavirus (HPV) testing are included as core components of the **Assure *level iv*** screen for women. The results of these tests will help your doctor guide you as regards your risk of cervical cancer developing. If detected early, cervical cancer can often be treated quickly and effectively. Your screening doctor will also provide you with a clinical breast assessment and discuss with you both breast health awareness. If you are of a child-bearing age, the doctor will also offer you a rubella antibodies blood test. Digital mammography is also available, although only recommended for women aged 40 or over. A specific additional cost may apply for digital mammography.

Change and resilience package

Utilising the latest, cutting-edge technology, the results of your 3D morphometric body scan will be combined with the advice provided in your consultation with a dietician to help you make the diet and lifestyle changes to maintain an optimum state of physical health. In addition, you will also have a consultation with a behavioural therapist to help you become more resilient when dealing with pressures of both the home and working environments.

Your personal information pack and action plan

It is important that the results and findings of your **Assure** screen can be made meaningful to you. Your doctor is experienced in taking complex medical data and results and explaining it to you in a manner that makes it meaningful and relevant. Following your screen, the doctor will provide you with your own tailored personal information pack, including details of your own test and assessment results. Based on these results, the doctor will be able to guide you in developing a personal health action plan for the future.

To experience healthcare that is out of the ordinary book your Assure screen with us today:
appointments@roodlane.co.uk tel 0345 437 0691