



# Your Private Health Screening Invitation

**Clinic:** Clayton Hotel, Leopardstown, Dublin  
**Date:** 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> February 2018  
~Additional dates may be added~  
**Your Clinic Code:** PHSD

Did you know that approximately 10,000 people die of heart attack and stroke each year in Ireland? In many cases there are no warning signs. The good news is that serious health conditions can be detected and prevented by taking early action.

That is why we are inviting you to a comprehensive health screen. The **Essential Health Screen** provides you with a detailed assessment of your health, allowing you to make important changes that will help in managing your health and wellbeing.

The **Essential Screen** in addition to assessing your risk of heart disease and stroke also checks your kidneys, liver, risk of diabetes, lung function and vision.

This screening is performed by our qualified nurse. All test results and measurements are reviewed and reported on by a leading Irish based Consultant Cardiologist.

# Your Essential Screen includes the following measurements:



## 1. Health and Lifestyle Questionnaire

The lifestyle questionnaire is designed to identify ways to improve your lifestyle, diet, sleep, and exercise. A medical history questionnaire will help to identify possible areas of personal or family medical history in need of further investigation.



## 2. Blood Tests

### **Blood sugar to check risk of diabetes:**

Diabetes increases your risk for heart attack or stroke, and has a negative effect on several other systems within the human body that impact quality of life and the ability to perform daily tasks, including causing damage to the heart, brain, circulation, eyes, kidneys, and nerves.

**Kidney:** The renal profile provides an indicator of kidney health. High results on a renal profile could indicate levels of dehydration or failure of the kidneys to work properly.

**Uric Acid:** High uric acid levels in the blood are a sign of the painful joint condition called gout.

**FBC:** Abnormalities on the full blood count test could be a sign of many different illnesses, diseases, or infections including things such as anaemia.

**Liver:** The liver profile assesses the functions of the liver. In many cases, abnormal levels are due to transient illnesses, medications, alcohol consumption, and/or poor diet. Liver disease is one of Ireland's top 5 causes of death, and is the cause with the fastest increase in numbers.

**Full Lipid Profile (cholesterol) to assess cardiovascular risk:** The full lipid profile measures the amount of various fats in the body. If raised, it means that you are more likely to have fat deposits in the walls of your blood vessels, which can lead to health problems such as heart attacks, strokes and peripheral vascular disease, among others.



## 3. Physical Tests

**Weight assessment:** BMI, waist circumference, and body fat percentage are indicators of possible overweight status or obesity. Obesity is a key risk factor for the four chronic conditions that lead to 50% of deaths: Cardiovascular Disease, Diabetes, Chronic Lower Respiratory Disease, and Cancer. Obesity also can lead to conditions such as arthritis and may impact mental health.

**Resting 12 lead Electrocardiogram (ECG):** An ECG is a test that records the electrical activity of the heart. It gives information in relation to some of the common inherited heart defects. It can provide information on heart muscle function. The effects of high blood pressure can be seen.

**Blood Pressure:** High blood pressure leads to poor cardiovascular health, including the risk for dangerous events such as stroke. Often those affected could have critically high blood pressure with no symptoms, and thus be completely unaware of the danger they are in.

**Keystone Eye Test:** The Keystone Eye Test examines essential visual functions including acuity, colour blindness, depth perception, peripheral vision, and glare recovery.

**Lung Function Test:** Spirometry is used to measure how well the lungs are functioning. Spirometry is used to diagnose asthma, chronic obstructive pulmonary disease, and other conditions that affect how well a person is able to breathe.

## Results:

Our Consultant Cardiologist will assess all the tests measured on the day and provide you with recommendations where required. You will receive your full report within 10 working days of the screening. Your medical report will fully explain the significance of each result in plain English making it very easy to understand. Your results will also be broken down into:

- **Green:** Results within normal range.
- **Amber:** Results slightly outside normal range and worth keeping an eye on.
- **Red:** Results outside the normal range and follow up investigations may be warranted.

We also can offer additional tests such as a Prostate Cancer test for men, Ovarian Cancer test for women, Thyroid Function test, Vitamin D test, or Bone Health tests. Just request these extra tests of choice when booking!



All our blood tests are analysed by our Irish based laboratory partner which is accredited by the Irish National Accreditation Board (INAB) and complies to ISO 15189.

All of these screens can be done within just a 30-minute appointment. Our qualified nurse will ensure you are comfortable and looked after throughout the screening process.

Prevention is better than cure and this gives you an excellent opportunity to be proactive in taking care of your health. We are delighted to be able to offer you this comprehensive screen at the discounted rate of €148 (normal cost is €285).

Booking is easy, just follow the below instructions to secure your health screening appointment. We look forward to taking care of you soon.

## How to book your appointment:

Go to **[www.ameds.ie](http://www.ameds.ie)**

Click on Online Booking, enter clinic code: **PHSD**

**Or** Phone 1890 300 333. Email: [info@ameds.ie](mailto:info@ameds.ie)

Yours Sincerely,

**Dr. Alan M Byrne, MB MRCPI MSc (sports medicine) FFSEM**  
Medical Director

“At 44 I thought I couldn’t be surprised by much. I learnt I was wrong when I took up the offer of a screening and discovered I had a ticking time bomb in my heart. Later events proved that had it not been for this vital screening and subsequent treatment, my life may have ended or been horribly altered. This screening could save your life, do it now!”



Sinead from Dublin aged 44

“As a result of this screening, it was detected that I had a heart condition and I received, what only can be described as lifesaving heart surgery. Without the screening I never would have known about my heart issue as I was asymptomatic.”



Siobhan 33-year-old mother