



LONDON CITY
Healthcare

Health Assessment

Patient Information Guide



Regulated by



Welcome to London City Healthcare

London City Healthcare provides rapid access to highly experienced Private Doctors, Physiotherapists and specialist health services in the heart of the City of London.

Our team of Private Doctors are all highly qualified and experienced City GP's, giving you access to an expert opinion whenever you need independent, professional advice.

As well as the highest standards of medical care, we pride ourselves on delivering continuity of care and a highly personalised service.

This guide explains our approach to assessing health for patients without any symptoms.

Our health assessments provide:

- Medical advice about lifestyle, health risks and your current health status
- Professional, independent advice about the different tests available
- Post-assessment support from the GP who conducts the checks
- Prescriptions and or/referrals and ongoing management if anything is found during your assessment



Our Approach to Health Screening

Our medicals are designed to diagnose conditions such as cancer, heart disease and diabetes, as well as help you identify and manage any health risks before they become bigger problems. Every assessment is led from start-to-finish by an experienced doctor, with a minimum 1 hour consultation, heart checks and a full blood profile (over 40 tests) included as standard.

You can choose to have more detailed cardio-respiratory checks, gender specific tests, cancer-specific screening checks (such as screening for breast or bowel cancer), additional blood tests or a suite of supplementary physiological tests, all at a time to suit.

Every health assessment can be tailored to your individual circumstances and includes a full report and results, with follow-up care and support as required. You are most welcome to contact your assessing doctor at any time after your assessment (by phone, email or video-consultation), to discuss any results or queries you may have.

Regular health assessments can increase the chance of finding a health problem at an early stage, when treatment outcomes are usually better and sometimes involve quite simple steps.

However, some tests may rely on an opinion to interpret the results and also may not be 100% sensitive (e.g. mammography – not every cancer will be picked up by the test). Screening cannot in itself stop you from getting health problems in the first place. Screening can also sometimes yield unclear results and occasionally also incorrect results (called 'false positives' or 'false negatives'). This may mean tests are needed to help decide whether further treatment is needed.

There is also a small chance that screening may detect something that may not have needed treatment or which we cannot understand. This is commonly called 'overdiagnosis' in healthcare and it's particularly true with some cancers, such as breast and prostate cancer, and may mean some people may receive treatment they may not have needed. However, on balance, many more people may have potentially life-saving treatment.

We understand that some tests (and sometimes getting the results) can cause some anxiety and we do all we can to make sure you're well informed and advised at all times. You can always contact the doctor you saw after your assessment with any questions.

Although health screening may not always be a perfect science, we believe it can give you a good chance to understand your own health and give you useful, personal health advice.

What happens during your visit?

You'll be spending at least 60 minutes with your Doctor, so you'll have a good opportunity to discuss your personal health with an expert clinician. Your GP will review your medical history, facilitate the tests you'll be having on the day, as well as provide guidance and support for any particular health concerns. If you need to, you can contact your assessing doctor at any time after your visit.

Blood Tests

As we'll need to request a small blood sample when you arrive, we do need to ask you to fast for at least four hours before your assessment. This is so we can get accurate test results. Unsweetened black tea and coffee, or water, will not affect your results if you're feeling thirsty at any time. If you have any concerns about fasting, please advise our team at the earliest opportunity.

We'll conduct over 40 different blood tests on your sample to provide a complete picture of your haematology, biochemistry and blood fats.

Fresh fruit and snacks are available in all our clinics for you after your blood sample has been provided, or after you have completed an exercise ECG (if one is included in your health assessment profile).

Exercise ECG

As part of your health assessment you may have been invited to complete an exercise ECG, which is designed to assess your cardio-respiratory system. If you have been invited to take the test, we'll also need to ask you to bring your gym kit or suitable clothes on the day.

During your assessment, your Doctor will certify you as fit to conduct the exercise ECG assessment subject to strict safety criteria. You may not be allowed to take the test if you have a history of certain health conditions, such as chronic heart disease, or have restricted mobility.

Shower and changing facilities, personal hygiene products and towels are provided for your use after the test too.

Full Medical Content

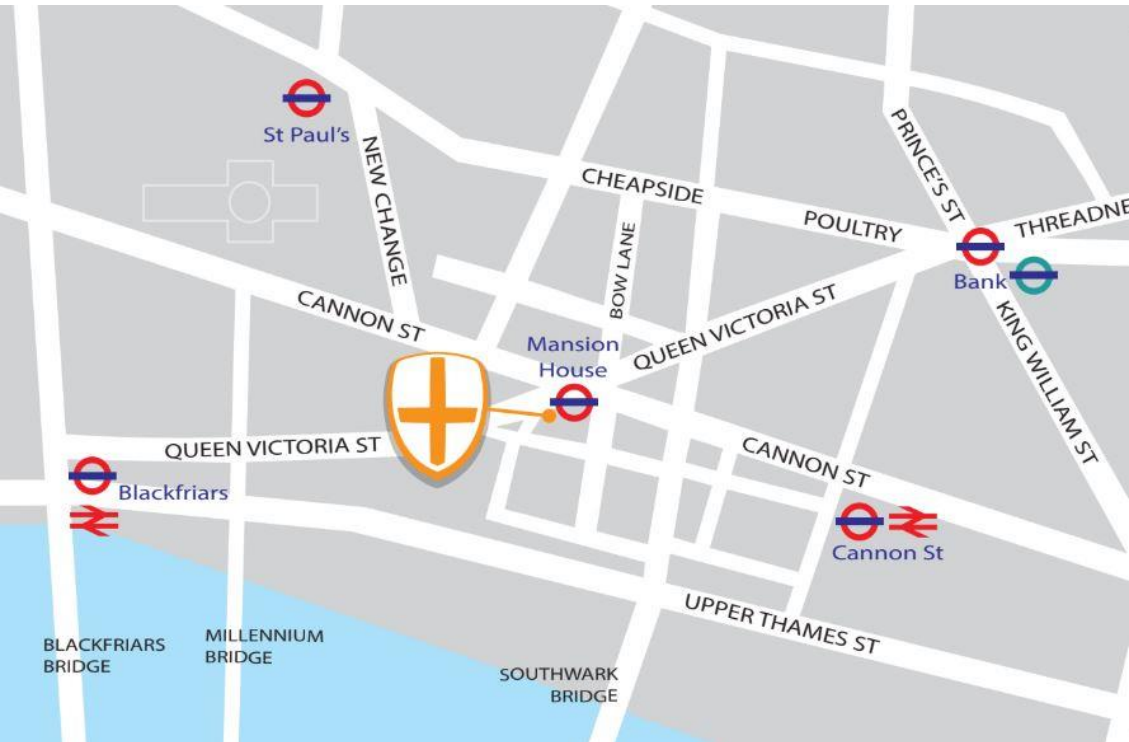
- ✓ 60 min consultation and assessment
- ✓ Biochemistry, haematology, blood fats (40 blood tests)
- ✓ Exercise ECG & V02 Max with functional assessment
- ✓ Resting ECG, blood pressure & pulse rate
- ✓ Urinalysis, liver, kidney & thyroid function
- ✓ Height, weight, BMI, body fat percentage
- ✓ Respiratory assessment (auscultation)
- ✓ Breast check / breast assessment instruction
- ✓ Testicular check / testicular assessment instruction
- ✓ Visual dermal assessment
- ✓ Posture, strength & flexibility
- ✓ Comprehensive report and results
- ✓ Post-assessment support for results interpretation
- ✓ Post-assessment management of any arising issues

Our Clinic Locations

City of London

Our flagship clinic is located in the heart of the City, adjacent to Mansion House tube and a short journey from Blackfriars, Bank, St. Paul's and Cannon Street.

The clinic provides Private GP, Physiotherapy, Female Health, Pilates, Occupational Health and Massage services every weekday, between 7.30am and 7.30pm.



Call **02072363334**

or visit

www.londoncityhealthcare.com

for more information.