

WHERE TO FIND US:

Galen Health
9 Harley Street
London
W1G 9AL

T 020 7079 2141

E enquiries@galen-health.co.uk

W www.galen-health.co.uk

HOURS OF CLINIC:

The practice hours are 09:00 – 17:30 with evening sessions available from 18:00 – 20:00, Monday to Friday. We also commit to provide out-of-hours care to those patients signed up to receive the out-of-hours service.

Out-of-hours care is defined as care between 18.00 and midnight, seven days a week. This will be covered by an on-call Galen Health GP on a rota basis with dedicated, direct telephone triage.

APPOINTMENTS & ENQUIRIES:

If you would like to make an appointment or an enquiry, please call: **020 7079 2141** (Monday – Friday, 09:00 – 17:00)

If you are seeking more information about Galen Health, our full services, or location, it is worthwhile visiting our website at:

www.galen-health.co.uk

You can also make online appointments via the website and can submit any enquiries you may have.

CARE QUALITY COMMISSION:

Galen Health is bound by the Care Standards Act 2000. The Care Quality Commission enforces this Act.

You can contact the Care Quality Commission at:

The Care Quality Commission, East of England Team,
1st Floor, Finsbury Tower, 103-105 Bunhill Row, London EC1Y 8TG.

T 020 7448 9200

W www.cqc.org.uk



HEALTH SCREENING
REASONS AND EXPECTATIONS

Your health in Your hands.



HEALTH SCREENING

At Galen Health your health is important to us, and we offer you our commitment to work in partnership with you, your family and business to ensure optimal health outcomes. The first step in this process is health screening. People today are busy rushing around; family and work commitments often take over, leaving us little time for ourselves. Galen Health believes that dedicating time to your health is essential, and the first step to this is health screening. We all know prevention is better than cure, and this in itself is the key principle of Galen Health.

Our health screen will help to achieve the following:

- Minimise any surprise illness
- Minimise risk factors for chronic diseases, for example diabetes
- Achieve primary prevention of serious diseases and illnesses that can occur due to the lack of active management of a person's health
- Provide health promotion and education, tailored to your individual needs

During your Galen Health screen you will have the unique opportunity to see three professionals within one appointment, all on the same day. It's a fully comprehensive health review delivered by a multi-disciplinary team.

Our experienced nurses will commence the health screen by taking a blood test, and making a fully comprehensive analysis which includes:

- **Full blood count**
 - look at haemoglobin levels
 - look for markers of infection
 - look at cells that fight infection and help immunity
- **Electrolytes**
 - balance of fluid and salts in the body to aid cell function
- **Kidney function**
 - basic kidney function
 - screening for kidney failure
- **Liver function tests**
 - activity of the liver
 - normal functioning of liver to break down toxic substances
 - signs of any infection of the liver
- **Lipid profile**
 - cholesterol - to predict cardiac disease risk
- **Glucose**
 - screening for diabetes
- **Urine testing**
 - check for diabetes
 - protein for kidney disease
 - infection screen

Our nurses will perform an electrocardiogram (ECG) which records the electrical activity of the heart. This is a routine test within cardiac disease management. It is also used to help find the cause of symptoms such as palpitations or chest pain.

Following these tests, you will spend some time with our GPs who will discuss your medical history, current medical problems and lifestyle activities. A medical examination will include blood pressure, pulse, height, weight, and body mass index (BMI): a measure of weight in relation to height.

You will then have time with our personal exercise trainer and nutritionist. They will analyse your diet and nutritional status, help you focus on aims and goals, and formulate an exercise and nutritional plan.

Diet advice and practical lifestyle assistance aims to achieve:

- Improved fitness
- A healthy, toned body
- Weight loss or gain
- Improved functional strength
- Improved posture
- Stress reduction
- Improved self-confidence
- Increased wellbeing

The focus on nutrition aims to:

- Provide a complete review of your current nutrition intake
- Help you understand the true factors of body weight control
- Explain the diet minefield - what works and why
- Explain food supplements - what works and why

At the end of the health review, patients will receive a comprehensive report of their health screen, including:

- Full medical report on their current health according to their lifestyle
- Full screening and explanation of their blood tests and ECG investigations
- Full diet, nutritional and exercise breakdown
- Cardiac disease risk score
- Overall health score and disease risk score
- Recommendations
- Options for further investigations (if required), medical input, and follow-ups

We offer our patients the assurance that the care and services they access and receive will be of the highest standards. We deliver care in line with evidence-based practice, and work to clinical pathways and protocols with national recognition and recommendations.

International health screening

Each international Galen Health-affiliated health screening centre adheres to the quality and standards set here at Harley Street to ensure and guarantee continuity of care.

Personal / family

If you are expecting to travel away from home for significant periods of time, or are looking to relocate permanently, Galen Health can facilitate your healthcare needs as part of that journey. Give us a call on 020 7079 2141 to discuss your requirements in more detail and we will take care of the rest, from booking you in at your chosen destination to confirming your screening requirements. Remove the anxiety of being in another country and not knowing where or how to get the high quality care that you receive at Galen Health.

Corporate

If you are part of an international business where yourself or your employees work away from home on short or long term projects, Galen Health can meet your health screening needs. To find out more and to discuss your specific requirements, please send your initial enquiry to enquiries@galen-health.co.uk. A member of our business development team will contact you directly.

