

WHERE TO FIND US:

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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](http://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](http://www.cqc.org.uk)



HEALTH SCREENING  
EXAMINATIONS AND RESULTS



# THE MEDICAL HISTORY

## Current medical problems

The aim of looking at current medical problems is to see whether your current health is at risk of any illness that could occur in the near or distant future. A number of current medical problems that people suffer from are caused by a combination of ill health and poor disease management earlier in life. The screening offers a way to analyse these problems in order to prevent and possibly modify the exacerbation of any current ill health.

## Medication history

Taking a detailed medication history is an important and vital aspect of health promotion and correct treatment of illness. It allows a clinician to do a number of things such as, assess if the medication is correct for the conditions it is being used for, and assess if the medication needs any alteration. It also allows the clinician to safely introduce other medication if need be, as many medications can interact with one another. Together with the blood testing and systems review, the medication history will ensure that all is as it should be, and that the medication is not harming, instead of benefiting, the individual.

## Family history

People say 'you can't choose your family'. It is also true that you can't choose your family's health. A screening question and answer section on family medical history gives the clinician a chance to look at the non-modifiable risk factors in someone's health. Certain cancers have a genetic potential and so we can advise on the risk of that in the individual. Cardiovascular disease is increased by a factor of 1.3 in people with a first degree relative suffering from it. Therefore, the family history can aid the clinician to build up a background risk profile of disease and illness potential in the individual.

## Previous medical and surgical history

Your medical and surgical history allows a clinician to build up a risk factor profile of any previous illness that may put you at risk in the future. It is also a valuable screening tool to influence any future treatment that may be needed due to your medical and surgical history.

## Smear testing

Cervical smear testing is a very important aspect of screening for cervical cancer in women. It is a simple, basic test that a nurse or doctor can carry out. The fundamentals of the test are to look at the cells of the cervix and to make sure they are normal. If they are abnormal at all, then further testing will be needed. Statistics show that a woman's risk of cervical cancer is cut by 84% if she has a smear test every five years, and by 91% if she has a smear every three years. Some recommendations suggest women should have annual smear tests to reduce the risk even further (an additional 1-2%).

## Systems review

The aim of the systems review is to take a snap shot of all the systems in the body in order to pick out any symptoms and signs that could be an indicator of illness or disease that otherwise may be missed. It is a systematic tool that a clinician can use to cover all major organs in the body and then hone in on the relevant ones that may need more detailed examinations.



## THE EXAMINATION AND OUTCOMES

The medical examination is a comprehensive examination of all the systems of the body to identify any disease process or illness that may be occurring. Along with the medical history section, a lot of the measurements and parameters used will aid the clinician to create a risk factor profile of someone's health at this moment in time and to see what can potentially lie ahead.

### Body mass index

The body mass index (BMI) is calculated by dividing your weight (in kg) by the square of your height (in metres). A BMI greater than 25 may indicate that you are overweight, while a BMI greater than 30 generally indicates obesity.

#### A BMI from 20 through to 26: desirable for most middle-aged adults

Non-smokers with a consistent BMI within this range have the lowest risk of disease and premature death. In this category, weight gain can be avoided through moderate eating habits and exercise.

#### A BMI from 27 through to 29: moderately overweight

This carries a slightly increased risk of weight-related health problems, such as high blood pressure, high cholesterol, heart disease and adult-onset diabetes. People in this group have the hardest decision to make about reducing, given the potential health risks of weight loss. To prevent the development of weight-related health problems, most people in this category should avoid gaining additional pounds by adopting a low-fat diet and a routine of regular exercise. Weight loss for cosmetic reasons is very common here.

#### A BMI from 30 through to 40: truly overweight

The risk of developing heart disease and other weight-related conditions rises sharply. Most people should lose weight in this category. Adult-onset diabetics in this category should definitely reduce, since blood-sugar control improves with weight loss.

#### A BMI of 40 or more: severely overweight

These people are in great danger of dying early. 80% eat in frequent binges. Secret eating is common. The best weight loss technique is often a fasting diet. The benefits of losing weight clearly outstrip any dangers.

### Waist-to-height ratio

The waist-to-height ratio (WtHR) is calculated by dividing your waist size by your height. The WtHR may give a more accurate assessment of health for serious athletes, especially body builders, who have a higher percentage of muscle and a lower percentage of body fat, or for women who have a 'pear' rather than an 'apple' shape. A WtHR under 0.5 (50%) is generally considered healthy.

Current guidelines, as given by the World Health Organization and the National Heart, Lung and Blood Institute, only give values for waist circumference. Those at substantially increased risk have the same risk as someone with a BMI of 30. Assuming the average male is 5' 9", and the average female is 5' 4", here are the waist cut-off values, and the corresponding WtHR.

	Increased Risk	Substantially Increased Risk
	Waist (WtHR)	Waist (WtHR)
Men	37.0" (53.6%)	40.2" (58.3%)
Women	31.5" (49.2%)	34.6" (54.1%)

Recent medical research and studies have shown that waist circumference and waist-to-height ratios were positively and significantly associated with blood pressure, diabetes, low-density lipoprotein (LDL) cholesterol, and triglycerides (the bad cholesterols). They were also significantly inversely correlated with levels of high-density lipoprotein (HDL) cholesterol (good cholesterol). There is also evidence to show that waist-to-height ratio is linked with coronary heart disease (CHD) events.

### Urine testing

The testing of urine will pick up and point towards a number of things. It screens for urine tract infection, for signs of kidney disease, and can point towards any urine tract cancers. It also can be used as a screening tool for diabetes and control of sugar levels in patients who are diabetic.

### Blood pressure

Blood pressure is the pressure at which the heart pumps blood around the body. The reading is a two figure reading: systolic over diastolic. The systolic reading is the pressure when the heart contracts and the diastolic is when it is relaxed. High blood pressure rarely causes symptoms until it is extremely high or has been high for a long period of time. High blood pressure puts you at risk of heart attacks and strokes. The readings will be a good measure of cardiac risk in you. Low blood pressure can also occur, and this can point to illness such as anaemia.

### Cardiovascular examination

Listening to the heart will give the clinician an idea of whether the heart is beating in a normal way, and whether there are any extra sounds. These extra sounds can point towards valve problems in the heart and so further testing may be needed.

The pulse rate and character will also indicate the rhythm of the heart and it may show signs of disease of the cardiovascular system, or indeed, the pulse may be affected by metabolic diseases such as thyroid problems.

An electrocardiogram (ECG) test shows the electrical activity of the heart. An ECG is a standard test in

cardiovascular disease that highlights whether the electrical activity is affected in any way

by damage to the muscle walls of the heart. In individuals who have had a heart attack, the heart muscle has often been seriously stressed and so alters the electrical activity of the heart. The ECG can also pick up abnormal beating of the heart as well as missed beats or extra beats.

### Respiratory examination

The lungs are the breathing and oxygenation centres of the body. Listening to and watching the lungs move will highlight any damage to them. The peak flow gives an indication of lung capacity according to your body size. This can be an indicator of airways disease.

### Exercise review

The screening tool for measuring exercise and nutrition will highlight the aspects of your life that can be physically altered, if need be, to enhance your health. It will give the physical health specialist a glimpse into your lifestyle to reflect your current health, tie in with all the other aspects of your examination, and highlight modifiable lifestyle behaviour.

### Blood testing

The blood testing will screen for a number of illnesses and diseases and cover the majority of the body systems.

The blood test will include :

- **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

## GALEN SCORING AND RESULTS

All the results of the above screening will be analysed individually and then collectively by the clinical lead. A number of detailed scoring systems and evidence-based values will be used to create a Galen Health scoring of your current health. These will then indicate your risk of various illnesses and diseases that may occur. On the basis of your scoring, further actions and recommendations may be needed to improve your overall health for today and into the future. By actively changing your life, you will improve your scores and risk factors, creating better health for years to come.

## GALEN HEALTH: SIMPLE TIPS TO LOOK AFTER YOUR BODY'S DEFENCES

Supporting your body's defences is important because it can help you to:

- Maintain overall health and wellbeing
- Cope and deal with day-to-day challenges, both physically and mentally

There are many things that can be done to help support the body's natural defences, including taking regular exercise, maintaining a balanced diet and ensuring you have sufficient rest. The following are some easy steps you can take to make sure that you are looking after your body's defences. If you try to implement as many as you can, you will notice the difference at your next health screen.

### Eat Well

Certain foods are believed to help support your body's defences. Fruit and vegetables are the most accessible, all-round source of vitamins, so even if you find it difficult to make time to cook meals from scratch, you can easily achieve your '5 a day' by opting for ready-prepared fruit smoothies, vegetable soups and fresh salads.

### Sleep Well

Sleep gives the body's defences a chance to get to work on repairing the body.

To help you get your daily quota, try some of these sleep strategies:

- Become a creature of habit. Try to keep to a regular bedtime – even at weekends
- Make your bedroom a peaceful haven for sleep
- Limit daily caffeine intake – and no caffeine within six hours of bedtime
- Don't have a big meal close to bedtime
- Have a warm bath before going to bed

### Exercise

Regular exercise is a great way to help support your body's defences. Studies have shown that people who exercise regularly live longer and enjoy a better quality of life than those who choose not to. So, build regular exercise into your life – aim to do 30 minutes at least five times a week, and make sure it gets you moving and increases your heart rate. You could go for a brisk walk every day or go for a cycle ride. These are great activities to stimulate your cardiovascular fitness.

### Be positive and reduce stress

Just as stress can lower your body's defences, a positive outlook can strengthen them. If you feel good about yourself and maintain an active involvement in life, you may be more likely to be happy – and healthy.

The following tips are all good ways to achieve a positive state of mind:

- Take time to stop and relax whenever you feel stressed
- Try not to rush – plan the activities you have to do in advance. Try to be realistic with your schedule, and don't try to do everything all at the same time
- Keep up mental activity outside work such as going to the movies, reading or taking a course

### Hygiene

It's important for you to play an active role in helping your body fight germs, so good hand-washing habits top the list. Think of all the bugs let loose when you sneeze –there are millions. Covering your nose with a clean, disposable tissue (promptly thrown away) and then washing your hands with soap and hot water will help stop germs in their tracks.

Keep your hands away from your eyes, nose and mouth as much as possible – and if you do touch, ensure your hands are very clean.

Take care of yourself and remember - with Galen Health...

'Your Health is in Your Hands'.

