

MENS HEALTH CHECK

When was the last time you visited the doctor? Have you been putting a visit off? As soon as a bloke hits 30 it is imperative that he has regular checkups. Have a think about your family history. Do you know anyone who has a chronic disease or cancer ? Unfortunately most people do. That is why it is essential to keep your eye on the ball – so to speak !

What a Men's health check covers

Detection and prevention of:

- Nutritional imbalances.
- Excess body weight.
- Disease of your heart and arteries (cardiovascular disease - build-up of plaque in your arteries).
- High blood pressure (hypertension).
- Abnormal blood fats (dyslipidaemia).
- Abnormal blood sugar (insulin resistance/pre-diabetes/diabetes).
- Prostate problems.
- Weak bones (osteoporosis), calcium and vitamin D deficiencies.
- Screening for cancer, in particular skin, testicles, prostate, bowel.
- Sexual difficulties, in particular erection and ejaculation problems (optional).
- Sexually transmitted infections (optional).
- Immunisations.

The health check process

Questionnaire

You will receive a comprehensive questionnaire by email/letter after making your booking over the phone. This should be completed prior to the first visit.

First visit

The duration of the first visit is 40 minutes . After review of the questionnaire and discussion of your particular health concerns, the doctor performs a head-to-toe physical examination which includes: - Detailed skin check for skin cancers and other skin problems.

- Weight, percentage body fat, waist circumference.
- Blood pressure measurement.
- Head and neck, including examination of the thyroid gland.
- Heart and valves.
- Lungs.
- Abdomen, including examination of the liver.
- Examination of the genitals (generally only recommended if you have any specific concerns, for example lumps or bumps).
- Examination of the prostate is generally recommended if you are 50 years of age or older. You can of course opt not to have this examination.

At the end of the examination, the doctor will discuss with you the relevant tests that will need to be done prior to your second visit. This will always include as a minimum blood tests and an electrocardiogram (ECG - recording of the electrical activity of your heart).

Second visit

The duration of this visit is 20 minutes.

Dr David Simpson will discuss with you the relevant findings and recommendations contained in the report. An **assessment of your probability of having a heart attack or stroke in the next 5 years is included**, and this will help determine whether further heart testing may be required, in particular a CT coronary angiogram or stress echocardiogram (stress test with ultrasound of your heart).

Dr David Simpson gives you the option of following up the recommendations with either himself, or your usual doctor.