

MATURE HEALTH

An extensive assessment which gives a picture of health and fitness in mature age

Suitable for individuals aged 65 and over, the Mature Health Assessment includes age and gender specific tests. After a thorough two hour assessment, a personalised health report will provide details of any potential health risks, as well as positive advice on diet and lifestyle.

Mature Health

Consultation

(up to 1 hour)

Suitable for individuals aged 65 and over, the Mature Health Assessment includes age and gender specific tests. After a thorough two hour assessment, a personalised health report will provide details of any potential health risks, as well as positive advice on diet and lifestyle.

Tests, measures and checks

(up to 1 hour)

- ✓ Detailed blood analysis to exclude conditions including liver and kidney disease, diabetes, gout and anaemia.
- ✓ Assessment of blood pressure, heart (by electrocardiogram - ECG), lung function and mood/memory.
- ✓ Cholesterol levels.
- ✓ Faecal blood tests to check for bowel cancer.
- ✓ Breast check and breast awareness instruction for women.
- ✓ Prostate cancer blood tests for men (provided informed consent obtained).
- ✓ Vitamin B12/folate blood tests.
- ✓ Hearing and vision tests.