

ROC CLINIC Aberdeen

HEALTH SCREENING PACKAGES FOR MEN - 2018

The doctors at ROC Clinic come with the tradition of excellence and the experience of the Harley Street's London Medical District. Our doctors are continuously researching and keep up to date with the latest developments in medicine in order to bring the best health screening models to its patients. We do not do population care. We do personal care. It is you that we are treating and assessing for current and future health risks. It is your ill-health that we are looking to prevent.

We know that not every package suits every patient or all budgets, and therefore we designed a set of checks that will offer choice to our patients.

Our packages are split into **Basic**, **Essential** and **Executive** levels.

Recognising the fact that in UK, 1 in 7 men and 1 in 11 women die from coronary heart disease, the Essential and Executive Level checks include an In-depth Vascular Age Assessment utilising the Angiodefender® Test . In addition to the 3 packages mentioned above, we also offer a **Cardiovascular Check** that specifically evaluates the cardiovascular system and addresses cardiovascular concerns.



Cardiovascular disease causes more than a quarter of all deaths in the UK

HOW OLD IS YOUR HEART? **Angiodefender® only at ROC Clinics in UK**

Angiodefender® Test is a non-invasive test that will tell you whether your heart age is actually lower or higher than your actual age!

This test is not currently available elsewhere in UK and is based on the latest evidence of early development of atherosclerosis. Please refer to the additional leaflet that will provide you with more information on the test and preparation required.

EXCUSES NEVER SAVE YOUR LIFE. A HEALTH CHECK DOES.

All ROC health checks have been designed to target specific areas and illnesses. The most important part about any medical check is the history. Speaking at length with a doctor, will provide the doctor with clues as to which area of the body is suffering or is at risk of illness. A good doctor is essential for interpreting the information correctly and making good decisions on your future health. Some investigations may provide an indication only that something is outside normal parameters and we may recommend further assessment.
There is no such thing as a test or scan that fits everyone and all parts of the body!

BUT.....WHAT ELSE IS AVAILABLE FOR YOU? The Genomic Revolution is under way!

Decode your DNA to optimise your healthcare

DNA sequencing has transformed how people look after their health: personalized assessments, targeted screening – as you will know from your DNA what health problems you are predisposed to! Although still in the incipient stages in UK, there is no doubt that this is precision medicine as its best. This is the medicine of the future!

It is not uncommon that patients may develop conditions despite traditional screening, or conditions that they haven't been screened for.

Would you want to know whether you are predisposed to Dementia? Multiple Sclerosis?

Would you want to know which medications would work best for you and not for the majority?

Would you want to know which diet is most suitable to you?

Would you want to know which type of fitness you will excel at?

Of course, genetics does not cause all the diseases; we do not know everything. But genomics takes you as close as possible to **Personalized Preventative Healthcare.**

Whole genome sequencing is available at ROC Clinic, via one of our trusted US partners. Please ask a member of staff for further details.

PAYMENT and INSURANCES

Self-payers
The fees listed on subsequent pages are applicable to self-payers only. These packages have been designed to offer a significant saving to individual self-payers only. Payment is politely requested at the time of the appointment. Payment plans may be available, please ask a member of staff.

UK Insurances
UK insurers do not cover for health checks. Some UK insurance policies may offer you an annual health undertaken with one of their providers, but not ROC.

International Insurances
International UK Insurers (expat insurances) may cover you for a routine annual health check. It is your responsibility to ensure with your insurer the cover of your policy. If an agreement for direct billing between ROC and your insurer is in place, your health check may follow a different schedule as imposed by your insurer. There will be no package price to insurers; all insurers are billed itemised and the total fee may significantly vary from the fees listed on the subsequent pages. You will be liable for any shortfall due on the account or if the insurer declines payment.

ROC CLINIC Aberdeen - HEALTH SCREENING PACKAGES FOR MEN

Well Man Basic

This Medical suits the man who wishes to gain reassurance on the main aspects of their health. It includes prostate and testicular assessment.

Well Man Essential

This Medical suits the man who would like a more in depth assessment of their health. It includes the latest techniques on vascular age assessment, prostate and testicular examination.

Well Man Executive

This Medical suits the man over 40 and tackles all aspects of one's health; it includes bowel cancer screening, testosterone assessment, latest techniques on vascular age assessment, hearing and lung assesment.

Item	Well Man Basic Check (any age)	Well Man Essential Check (any age)	Well Man Executive Check (usually over 40)
DURATION	45 min	1.5 hours	2.5 hours
FEE	£375	£595	£850
General Examination	✓	✓	✓
Andropause Symptom Evaluation	x	x	✓
Height, Weight, BMI, Blood Pressure Assessment	✓	✓	✓
Cardiovascular System Examination	✓	✓	✓
Prostate Examination	✓	✓	✓
Testicular Examination	✓	✓	✓
BLOOD TESTS (over 40 different parameters)			
Full blood Count + individual blood lines	✓	✓	✓
ESR (inflammatory marker)	✓	✓	✓
Urea, Creatinine and eGFR (Kidney Function)	✓	✓	✓
Sodium, Potassium, Chloride, Bicarbonate	✓	✓	✓
Liver Function (4 markers)	✓	✓	✓
Creatinine Kinase	✓	✓	✓
LDH (lactic dehydrogenase)	✓	✓	✓
Protein (total), Albumin, Globulin	✓	✓	✓
Calcium, Phosphate	✓	✓	✓
Uric Acid	✓	✓	✓
Iron Profile and Ferritin	✓	✓	✓
Vitamin D	x	✓	✓
Glucose	✓	✓	✓
HBA1C (average glucose for previous 3 months)	x	✓	✓
Lipid Profile (Total, HDL, LDL Cholesterol, Triglycerides)	✓	✓	✓
Thyroid Function (TSH and Free Thyroxine)	✓	✓	✓
PSA Profile (Prostate Specific Antigen Total and Total:Free Ratios)	✓	✓	✓
Testosterone (Free); (Must be taken before 11 am)	x	x	✓
URINE ANALYSIS	✓	✓	✓
Vitalograph (lung function testing)	x	x	✓
Audiogram (hearing test)	x	x	✓
STOOL TEST (Bowel Cancer Screening)	x	x	✓
FURTHER CARDIAC & VASCULAR EVALUATION			
ECG (Heart Trace)	x	✓	✓
Vascular/ Heart Age Evaluation - Angiodefender Test	x	✓	✓
REPORT and personalised feedback	✓ Email Format	✓ Email Format	✓ Written Format

Notes

- Please arrive 10-15 minutes before the appointment as you will need to complete some forms.
- You will be asked to give a urine sample on arrival.
- You will need to be fasting i.e you are allowed to drink only water for 8-12 hrs prior to your appointment. No coffee or tea.
- You can take your usual medication and please bring details of the medication to the appointment.
- If you are diabetic please contact the practice at least 24 hrs prior to your appointment.
- If having the In-depth Cardiovascular test: No smoking for 2 hrs before. This test will be carried out first. Please Read the Leaflet.
- Please avoid loud noise exposure for 16 hrs prior to the appointment IF having an audio test.

ROC CLINIC Aberdeen - Cardiovascular Check

This cardiovascular check has been designed by the ROC Clinic Team utilising the latest evidence on vascular age estimation.

Who is this medical for?

This medical is suitable for all age groups and is designed to give a good understanding on your current health of your heart and blood vessels. Whether you have been recommended to take statins and you are in doubt, whether you are already on medication for blood pressure or a heart condition, whether you are diabetic, or you wish to assess the impact of your activities on your cardiovascular health, this check will provide you with answers.

This medical has moved away from the traditional 'stress test' (monitoring your heart whilst you are on a treadmill), as this test although widely used privately and on the NHS only provides details if you have established heart disease that is causing problems.

How long Does the Cardiovascular Check Take? This medical will last up to 60 minutes

How much Does the Cardiovascular Check Cost? The fee for this medical is £425.00

What Does the Cardiovascular Check include?

- ✓ General Examination
- ✓ Height, Weight, BMI, Blood Pressure Assessment
- ✓ Cardiovascular System Examination
- ✓ BLOOD TESTS (over 28 different parameters)
 - ✓ Full blood Count + individual blood lines
 - ✓ ESR (inflammatory marker)
 - ✓ Urea, Creatinine and eGFR (Kidney Function)
 - ✓ Sodium, Potassium, Chloride, Bicarbonate
 - ✓ Liver Function (4 markers)
 - ✓ Creatinine Kinase
 - ✓ LDH (lactic dehydrogenase)
 - ✓ Protein (total), Albumin, Globulin
 - ✓ Calcium, Phosphate
 - ✓ Uric Acid
 - ✓ Iron Profile and Ferritin
 - ✓ Glucose
 - ✓ HBA1C (average glucose for previous 3 months)
 - ✓ Lipid Profile (Total, HDL, LDL Cholesterol, Triglycerides)
- ✓ URINE ANALYSIS
- ✓ ECG (Heart Trace)
- ✓ Vascular/ Heart Age Evaluation - Angiodefender® Test
- ✓ REPORT and personalised feedback

Further investigations may be recommended such as:

- 24 Hour Blood Pressure Assessment,
- Ambulatory ECG monitoring (to capture palpitations for example),
- Coronary Calcium Score or
- CT angiogram.

ROC Clinic has two in-house cardiology consultants at our London- Harley Street location who are at hand to provide our doctors with advice as needed.

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