

dr sophia khalique
ASSOCIATES



HA7 – FEMALE OVER 45 HEART AND CANCER ASSESSMENT

In addition to our in-house comprehensive health assessment, we undertake a full screening of the cardiovascular system to look at the blood pressure, blood flow to the brain, heart function with exercise, the muscle chambers and valves of the heart including the aorta and calcium deposits around the blood vessels of the heart.

We arrange a MRIs of your brain and its blood vessels, a thyroid scan and abdominal MRI to further look for hidden cancers including, liver, spleen, kidneys, and pancreas. A mammogram and pelvic ultrasound scan are done to look for female specific cancers. In addition, you will have a bone mineral density check.

Clinical History

A pre assessment questionnaire to fill in, to include previous medical history, medications, lifestyle, family history and any current concerns.

Examination

A one-to-one examination with one of our three principal doctors – all highly experienced GPs with special interests in preventative health screening, dermatology, male health, female health, lifestyle, nanomedicine and anti-ageing medicine between them.

Hand Grip Strength Testing

A reliable indicator of upper body strength and overall vitality. Low grip strength is linked to frailty and future health risks.

Blood Tests And Screening

Our comprehensive blood tests include a haematology panel allowing for diagnosis of a wide range of benign and malignant disorders of the red and white blood cells, platelets and the coagulation system.

Liver and kidney function, diabetes screening and cholesterol profiles.

Tumour markers to include CEA, CA125 and CA 19-9. In addition, men will be screened for prostate cancer and women for cervical cancer.

Advanced cardiac risk indicators including Lipoprotein a, Apolipoprotein B and homocysteine.

Inflammatory markers including ESR and high sensitivity CRP.

Vitamins and minerals levels to include vitamin B12, folate, calcium, phosphate, magnesium, iron profile and vitamin D.

Hormone levels, including thyroid, cortisol, insulin, DHEA, testosterone, oestrogen and progesterone.

We can undertake genetic testing on site, especially where this is a significant family history of early cancers including BRCA testing.

Full Body Mole Check

To screen for skin cancers using a dermatoscope to image all suspicious lesions.

These are then sent to a lead Consultant Dermatologist for assessment prior to the follow up appointment to decide whether there is a need a biopsy or excision.

Electrocardiogram

A resting electrocardiogram to screen for heart disease including silent ischaemia, rhythm and conduction disorders and strain on the heart muscles.

Urine Test

Blood and protein to indicate kidney disease and stones and sugar to screen for diabetes.

Stool Test

For colorectal cancer screening (FIT test).

Vision

Preliminary tests of visual function and eye health, including visual acuity, colour vision, and visual fields.

Hearing

The results are charted on a graph (audiogram) to help pinpoint the severity of hearing loss at different frequencies.

Lung Functionality

Pulmonary function tests, or PFTs. We measure how much air your lungs can hold, how well you move air in and out of your lungs and absorb oxygen when you breathe.

Body Composition Analysis

Including total muscle mass, body and visceral fat.

Carotid Doppler Ultrasound Scan

A scan to establish and highlight any plaques in the carotid arteries which untreated may lead to a stroke or potential cardiovascular risk.

Dependent on individual risk factors and to limit unnecessary radiation risk (although small) through CT scans, we can arrange a direct coronary artery CT scan (CTCA) to look at individual plaque formation in the vessels and the obstruction to blood flow which may result in a heart attack. This can be done at the same time as the coronary calcium scan.

Hilo Blood Pressure Monitor

Continuous ambulatory blood pressure and heart rate monitoring using Hilo, a wrist-worn wearable device, to support the detection and diagnosis of hypertension and identify abnormalities in cardiovascular parameters. Trends daily, weekly, and monthly. It uses optical sensors to detect signals from your wrist and calculates your blood pressure using Pulse Wave Analysis (PWA).

The device also captures sleep duration data to provide additional physiological context and is validated to ANSI/AAMI/ISO 81060-2 standard.

CT Coronary Calcium Heart Scan

Measurement of calcium deposits in the arteries of the heart – a gold standard assessment for ischaemic heart disease.

CT Coronary Artery Scan

Dependent on individual risk factors and to limit unnecessary radiation risk (although small) through CT scans, we can arrange a direct coronary artery CT scan (CTCA) to look at individual plaque formation in the vessels and the obstruction to blood flow which may result in a heart attack. This can be done at the same time as the coronary calcium scan.

CT Lung Scan

To detect lung cancer early especially in high-risk people (current/former smokers, aged 50+) through Low-Dose CT (LDCT).

We do this at the time of a CTCA scan as the extra radiation is minimal.

Exercise Echocardiogram

A specialist ultrasound to produce moving images of the heart's function during exercise.

MRI & MRA Brain Scan

A scan of your brain and the cerebral vessels. This picks up signs of vascular damage leading to certain dementias, tumours and arteriovenous malformations including aneurysms that can cause bleeding but can be simply dealt with if detected.

Thyroid Ultrasound Scan

A scan of the thyroid to look for pre-cancerous nodules.

Abdominal MRI Scan

This will look at organs to include the liver, kidneys, gall bladder, spleen, adrenal glands, and pancreas.

It can pick up early cancers especially silent cancers of the pancreas which often otherwise present late in the disease path when they are difficult to treat.

Bone Mineral Density Scan

A bone mineral density scan to assess risk of serious fracture.

Low dose X-Rays to learn how dense (strong) your bones are, and diagnosis of or assessment of your risk of osteoporosis or serious fracture.

Mammogram

Providing insight for early signs of breast cancer.

Regular mammograms can find breast cancer early, sometimes up to three years before it can be felt.

Pelvic Scan

A non-invasive diagnostic exam that produces images that are used to assess organs and structures within the female pelvis. A pelvic scan allows quick visualisation of the female pelvic organs and structures including the uterus, cervix, vagina, fallopian tubes and ovaries.

Follow Up Consultation

We will review with you within 5 working days, either face to face or via video – whichever option suits you – to go through all your results and make specific lifestyle and health recommendations to improve both your lifespan and health span.

You will receive a digital/paper report at the time.

Cost

£12,500, including complimentary registration at the practice. Payment terms available on request.

Timings

Please allow up to 6 hours for the initial consultations and tests.

We will review with you within 7 days, either face to face or via video – whichever option suits you – to go through all your results and make specific lifestyle and health recommendations to improve both your lifespan and healthspan.

You will receive a digital/paper report at the time.

Why Us?

Health screening is usually carried out by organisations that follow a strict protocol for everyone they see, regardless of their individual risk factors.

We believe in bespoke personalised care and concierge medicine. As general practitioners and not solely health screening doctors, if we find something wrong we can offer a comprehensive service which means you can go directly to the best specialist without having to go via your NHS GP who may not have the network we have to make this referral.

We also support with changes in lifestyle including weight management, alongside our excellent in-house nutritionist whom we can refer you to. We believe in mental health and have a team of psychotherapists who work in the practice that you might want to see. In addition, we have an interest in antiageing medicine and can offer a complimentary service of care with knowledge of up to date medications and supplements.

We have a commitment to ongoing care for everyone we see and believe our medical care is good value for health.

Insurance

Although health scanning packages are not usually covered by UK health insurance companies, onward specialist referrals almost always are.

As fully qualified and registered GPs, and not health screening doctors alone, registration with the practice allows us to make referrals, to world-class specialists, which under most private health insurance schemes would be covered.

So for example, if there is an indication for a colonoscopy such as a low iron count, or blood in the stool, top gastroenterologist referral to do this procedure and follow up care would usually be covered, or if there are ischaemic changes on an Exercise ECG, top cardiological referral for further assessments including tests such as a CTCA would also, in most cases be covered.

Further, our Harley Street location, a globally famous hub for private healthcare, means in most instances any onward referrals are located close to the practice.

We offer complimentary preliminary telephone consultations to gain an initial understanding of your medical history and lifestyle, ahead of recommending which of our health assessment programmes would be most suitable.

In addition, we offer bespoke and corporate packages.

Please complete our **enquiry form**, or alternatively call us, **020 7935 4357**, or email **office@drsophiakhalique.com**, to arrange an appointment date and time at your convenience.



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