



## **'New Horizons' Medical**

The 'New Horizons' Medical has been designed for those who are over 60 and who are about to or who have already retired and are embarking on a new phase in their life. People want to be sure that they are healthy and fit enough to embark on those adventures they have been dreaming about – travelling the world, playing long games of golf, getting the garden eventually under control or having the time to spend with family and grandchildren. It incorporates particular tests for conditions that may be more prevalent as one gets older. The results of most of the tests are available during the course of the medical which takes about four hours to complete. The medical is delivered by a nurse and doctor team with a choice of male or female doctor.

### **Physiological assessment**

- Blood pressure, heart rate, weight, height, body mass index measurement
- Urinalysis to check kidney function and to screen for diabetes
- FOB (Haemoccult) test to screen for bowel/colon cancer
- Heart assessment (Resting ECG)
- Lung function test (Spirometry)
- Hearing test (Audiometry)
- Eye assessment to check visual acuity, near and far vision and to screen for glaucoma risks

### **Laboratory tests**

- An extensive blood test examination which assesses cholesterol and glucose levels, liver and kidney function, full blood count, measurement of haemoglobin and iron levels, and specific tests to screen for gout and haemochromatosis
- Thyroid function test
- Pap smear to screen for cervical cancer (Ladies)
- Prostate Specific Antigen blood test (PSA) to screen for prostate abnormalities (Men)

### **Lifestyle analysis**

- Stress questionnaire and analysis
- Lifestyle questionnaire, body composition analysis
- Review of current diet and exercise regime and the development of a personalised lifestyle plan
- Cognitive and wellbeing assessment
- Cardiovascular disease risk assessment

### **Diagnostic tests**

- DEXA bone scan to screen for Osteoporosis
- Screen for Abdominal aortic aneurysms using ultrasound (Men and Ladies)
- Mammogram to screen for breast cancer (Ladies)

**Doctor Consultation**

- Full physical examination and assessment of the body systems
- Advice regarding breast cancer, breast self examination techniques and risk awareness advice (Ladies)
- Advice regarding testicular cancer and prostate examination (Men)
- Explanation of the test results including the blood tests
- Advice regarding stress management and lifestyle modification

**Report and follow-up call**

A written report and full interpretation of the results is sent out within 7 days of completion of the medical including a personalised lifestyle plan to maintain motivation to enhance a health lifestyle. With your consent, a copy of the report will also be sent to your GP. This is something that we actively encourage for continuity of care. Once the report has been sent out, your examining doctor will give you a call to ensure that that you have received and understood the report and answer any additional questions you may have.

If you would like find out more information or would like to make a booking, please contact us on 01 2945444 or at [info@thewell.ie](mailto:info@thewell.ie).