



# The Well

**Executive Medicals and Lifestyle Programmes**

**DUBLIN**

## WELCOME TO 'THE WELL'

When it comes to making a wish, two things appear at the top of everyone's list – happiness and good health. At 'The Well', we believe that these two are intrinsically connected and that by taking a holistic view of your physical, psychological and emotional health, we can help you to improve your quality of life and give you the power to enjoy it to its full potential.

Nowadays, more and more studies are showing that many common severe medical problems can be prevented or cured if diagnosed early enough. In many cases, this may be long before you notice any symptoms at all.

Our comprehensive Executive Medical programme has been designed to help identify any existing health problems you may have, assess your future health risks and provide you with the tools and recommendations to achieve a healthy and balanced lifestyle. We focus particularly on the outcome of the medical to help you make positive lifestyle changes including stress management if applicable.

The programme is delivered by our very experienced team of health screening doctors and nurses with access to the latest diagnostic technology to enhance the screening process. In particular, there is an option to complete an in-depth cardiovascular assessment in the form of a CT Coronary Angiogram which is provided based on clinical indication. The images produced by this non-invasive procedure give a 3-D visualisation of the blood flowing through the coronary arteries and identifies the evidence of hard and soft plaque, blockages or any narrowing of the arteries which could increase the chances of heart problems such as a heart attack.

All results are available during the course of the medical including the blood results which are discussed during the hour long consultation with your doctor. The medical is followed up with a written report that will include a full interpretation of the results, personalised information about behavioural and lifestyle modification within seven working days. With your consent, a copy of this report will also be sent to your family doctor.

To further enhance your lifestyle and wellness, we have designed a Weight Management Programme, 'Sleep Well' Programme and also provide a Mole Mapping Service. The aim of the 'Sleep Well' Programme is to uncover the causes of excessive snoring, daytime sleepiness, tiredness and to diagnose sleep apnoea.

If you need any further incentive, it is possible to claim back some of the costs of the medical against your personal taxes at the end of the year. Many health insurance plans have an allowance towards health screening and details of these allowances are available on our website [www.thewell.ie](http://www.thewell.ie) or directly from your insurance company.

We look forward to welcoming you to 'The Well'.

## THE DIAMOND EXECUTIVE MEDICAL FOR LADIES

€560

Our Diamond Executive Medical assessment has been designed specifically for ladies and takes approximately three hours to complete. It incorporates the latest scientifically proven approaches in preventative women's health. The medical starts with a meeting with one of our specialist health screening nurses, followed by an hour-long consultation with one of our highly trained doctors and includes the following:

### • Physiological Assessment

- o Blood pressure, heart rate, weight, height and body mass index measurement
- o Urinalysis to check kidney function and for infection
- o Heart assessment (Resting ECG)
- o Lung function test (Spirometry)
- o Hearing test (Audiometry)
- o Eye assessment to check visual acuity, near and far vision, screen for colour blindness and for glaucoma risks
- o FOB test to screen for bowel/colon cancer – usually for those > 50 years of age
- o DEXA bone scan to screen for Osteoporosis – usually for those > 40 years of age

### • Laboratory Tests

- o An extensive blood screen which includes an assessment of cholesterol and glucose levels, liver and kidney function, measurement of haemoglobin and iron levels, full blood count, bone profile and a screen for gout and haemochromatosis – results are available during the course of the medical
- o Thyroid function test based on clinical indication
- o Cervical Pap smear to screen for cervical cancer

### • Lifestyle Analysis

- o Stress questionnaire and analysis
- o Lifestyle questionnaire and body composition analysis
- o Review of current diet and exercise regime
- o Cardiovascular disease risk assessment

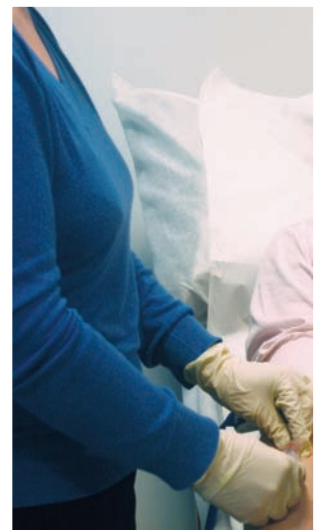
### • Doctor Consultation

- o Full physical examination and assessment of the body systems
- o Awareness regarding breast cancer and breast self examination techniques\*
- o Awareness regarding colorectal cancer
- o Results of all tests are explained including the results of the blood tests and any health issues that may have been identified are discussed
- o Advice around lifestyle modification and stress management

\* Mammograms can be arranged for the day of your appointment

### Reporting

Following your medical, your consulting doctor and nurse will compile a detailed written report. This will be sent to you within 7 working days and will include a summary and full interpretation of the results of the medical and a personalised lifestyle plan to maintain motivation to enhance a healthy lifestyle.



## THE PLATINUM EXECUTIVE MEDICAL FOR MEN

€560

This medical assessment has been designed specifically for men and takes approximately three hours to complete. It incorporates an extensive list of features with an emphasis on the modern men's health issues and lifestyle. The medical starts with a meeting with one of our specialist health screening nurse and an hour long consultation with one of our highly trained doctors and includes the following:

- **Physiological Assessment**

- o Blood pressure, heart rate, weight, height and body mass index measurement
- o Urinalysis to check kidney function and for infection
- o Heart assessment (Resting ECG)
- o Lung function test (Spirometry)
- o Hearing test (Audiometry)
- o Eye assessment to check visual acuity, near and far vision, screen for colour blindness and for glaucoma risks
- o FOB test to screen for bowel/colon cancer – usually for those > 50 years of age

- **Laboratory Tests**

- o An extensive blood screen which includes an assessment of cholesterol and glucose levels, liver and kidney function, measurement of haemoglobin and iron levels, full blood count, bone profile and a screen for gout and haemochromatosis – results are available during the course of the medical
- o Thyroid function test based on clinical indication
- o PSA to check for prostate abnormalities – usually for those > 40 years of age

- **Lifestyle Analysis**

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

- **Doctor Consultation**

- o Full physical examination and assessment of the body systems
- o Awareness regarding testicular and colorectal cancers
- o Results of all tests are explained including the results of the blood tests. Any health issues that may have been identified are discussed
- o Advice around lifestyle modification and stress management

### Reporting

Following your medical, your consulting doctor and nurse will compile a detailed written report. This will be sent to you within 7 working days and will include a summary and full interpretation of the results of the medical and a personalised lifestyle plan to maintain motivation to enhance a healthy lifestyle.



## OPTIONAL ADDITIONAL TESTS

On occasion, your consulting doctor may suggest that you might benefit from the completion of some additional tests. If you would like additional information about any of the tests below in advance of your medical, please contact our medical staff on 01 294 5444 who will advise you further.

### CT Coronary Angiogram

€650

The 64 Slice CT scan produces images which give a 3-D representation of the blood flowing through the coronary arteries and identifies the evidence of hard and soft plaque, blockages or any narrowing of the arteries. It also identifies non-calcified plaques which may not have been previously identified on the coronary calcification test. If identified, any of these factors could increase the chances of heart problems such as a heart attack.

Creating the quality of the image produced by a Coronary CT Angiogram could only previously have been produced by catheter angiography but this technology is a non-invasive procedure and does not require sedation. The resulting images are reviewed by a Consultant Radiologist and Cardiologist to get the best assessment possible of your coronary arteries.

### Vascular Ultrasound Imaging

€220

This is a special ultrasound study that examines the blood flow to organs and tissues around the body to identify blockages and abnormalities. Included in the study is an:

- Ultrasound of the carotid arteries and vertebral arteries to detect any narrowing of the arteries that bring blood to the brain which is one of the most common causes of stroke
- Ultrasound of the abdominal aorta to detect any weakening or ballooning in the artery wall in the abdomen
- Ankle-Brachial Index measurement to detect peripheral artery disease that affects the blood flow to the limbs and in particular the legs

### Mole Mapping

€200

This involves the examination and individual screening of any suspicious moles or lesions through digital imaging to assess their specific structural features including size, shape and colour. This process significantly helps in the diagnosis of melanoma. Images taken are stored and can be used for the accurate comparison of images going forward.

### Mammogram

€190

A mammogram is a special x-ray of the breast which is used to detect cancers or other abnormalities that may not always be detected under clinical examination. This service is intended particularly for ladies who are between the ages of 40 and 50 or are over the age of 65 and who fall outside of the National Breast Check Programme.

## LIFESTYLE PROGRAMMES

### Weight Management Programme

€400

The programme is provided over 6 months and combines the expertise of a lifestyle consultant and doctor. It includes 2 consultations with a doctor, repeat blood tests at month 3 and 6, 3 lifestyle consultations, regular blood pressure and BMI measurement, 2 body composition scans to look at body fat and lean tissue percentages with ongoing communication between sessions. Weight loss medication may also be considered depending upon your personal status and preference and this will be discussed with your doctor.

### 'Sleep Well' Programme

€300

The objective of the 'Sleep Well' Programme is to uncover the causes of disturbances in sleep pattern which, in the long term, can have adverse effects on the quality of family, social and work life and a reduction in short term memory. There are many possible causes including poor sleep habits or inadequate sleep which may be caused by a common condition called sleep apnoea. The programme includes an overnight sleep study and a follow up consultation with a respiratory physician.



The Well

Beacon Consultants Clinic  
Sandyford  
Dublin 18  
Ireland

Phone 01 294 5444  
Fax 01 294 5466  
Email [info@thewell.ie](mailto:info@thewell.ie)  
[www.thewell.ie](http://www.thewell.ie)

'The Well' is also located at The Plaza, City Gate, Mahon, Cork. Phone: 1800 928820