



## Men's Longevity Health Package

Unlock your Healthspan: Our longevity health package is a comprehensive, evidence-based programme designed to optimise your health, detect early signs of disease, and support healthy ageing. Combining in depth clinical assessment, advanced laboratory and radiology testing, and precision medicine tools, we go beyond conventional checkups to uncover your unique biological profile.

### In clinic assessment

- Consultation examination
- Vision test
- Hearing test
- ECG
- Blood pressure and vitals
- ABPI Ankle Brachial Pressure Index
- BMI and body fat analysis
- Spirometry – Lung function
- Cardiovascular risk score QRISK3
- Cardiovascular Apolipoprotein specialised risk ratios
- Metabolic syndrome screening assessment
- Liver fibrosis risk assessment Fib 4 score
- Mental wellbeing assessment PHQ9 GAD7

### Radiology Option A

- MRI Brain
- CT Calcium Score
- Chest- Xray
- DEXA Bone Density Scan
- US Thyroid
- US Abdomen
- US Abdominal Aortic Aneurysm
- US Pelvis including prostate

### Final report, follow up appointment, and aftercare

- Consultation with a Family Medicine Consultant with a specialist interest in Preventive Medicine
- In clinic aftercare appointment with full report breakdown, risk assessment, health education and management plan
- Co-ordination for onward referrals, additional tests, and aftercare with a dedicated wellness manager

### Laboratory

- Anemia and Vitamin/Mineral screening - CBC Ferritin Iron Folate Homocysteine Vit D Vit B12 Calcium Magnesium Zinc Copper
- Chronic Disease Screening - Lipid panel Liver panel Renal panel + EGFR BUN Thyroid panel TSH T4 T3 Thyroid antibodies anti-TPO anti-TG Diabetes panel HBA1c FS Fasting insulin + insulin resistance HOMA index AM Cortisol
- Uric acid
- Calprotectin
- Specialised Cardiac Markers – Apolipoprotein A1 Apolipoprotein B HS-CRP Homocysteine Lipoprotein A
- Cancer screening – Liver AFP Bowel CEA & Fit Test Pancreas CA19.9 Germ cell Tumors BHCG Prostate PSA Total and Free
- Men's hormone profile – Total and Free Testosterone Estradiol LH FSH SHBG Prolactin DHEAS
- Inflammatory Markers – CRP (Acute) ESR (Chronic) HS-CRP (Linked to CVD) IL-6 TNF- Alpha
- Urine Analysis

### Radiology Option B

- MRI Full body Head Chest Spine Abdomen Pelvis
- CT Calcium Score
- DEXA Bone Density Scan
- US Thyroid

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Depending on the results of this health check, your physician may recommend additional tests to investigate specific concerns further. These might include advanced imaging, blood tests, or cardiovascular assessments. By catching issues early and following up with targeted tests, you can ensure optimal health and longevity.