



## Teenage Health Check

Getting a health check with your doctor is key for staying on top of your health as a teenager. It can help spot things like stress, sleep issues, or any other physical problems early, so you can deal with them before they get worse.

### **In clinic assessment**

- Consultation and examination
- Vision test
- Hearing test
- ECG
- Blood pressure and vitals
- BMI and body fat analysis
- Spirometry – Lung function

### **Laboratory**

- Anaemia and Vitamin/Mineral screening - CBC Ferritin Iron Vit D VitB12 Calcium Magnesium
- Screening for Liver, Kidney, Cholesterol, Thyroid and Diabetes
- Lipid panel LFT panel RFT panel TSH T4 HBA1c
- Urine Analysis

### **Radiology**

- US Abdomen

### **Final report and follow up appointment**

- Consultation with a preventive screening Family Medicine Consultant
- Full report breakdown, risk assessment and management plan

**AED 2000**