Genesis Healthcare Center

Metabolic Health Package

Understand your health. Plan your next steps.

Take a closer look at your metabolic health with blood tests and consultations in endocrinology, gastroenterology and nutrition — all at Genesis. Metabolic health describes how your body manages blood sugar, fats and energy. Hormones, nutrition, liver function and other factors all contribute to the picture.

The Genesis Metabolic Health Package brings together blood tests and three consultations to help you understand key health markers and discuss practical next steps.

Three consultations included:

- Dr Rahila Bhatti — Consultant Endocrinologist
- Dr Hossam Al-Hilou — Consultant Gastroenterologist
- Dr Amena Sadiya — Nutritionist

Our team reviews your results alongside your medical history, lifestyle and nutrition to provide personalised advice on your next steps.

Blood tests included:

Blood sugar assessment
- HbA1c
- Fasting glucose
- Fasting insulin

Cholesterol and cardiovascular risk markers
- Total cholesterol
- LDL cholesterol
- HDL cholesterol
- Triglycerides
- Apolipoprotein B — ApoB
- Lipoprotein(a) — Lp(a)

Liver health markers
- ALT
- AST
- GGT

Kidney function assessment
- Serum creatinine
- Estimated glomerular filtration rate — eGFR

Additional health markers
- High-sensitivity C-reactive protein — hs-CRP
- Ferritin
- Uric acid
- Complete blood count — CBC
- Thyroid-stimulating hormone — TSH

Other tests:

- Body composition analysis
- Muscle strength testing with hand dynamometer

Connected care, in one centre

Our multidisciplinary team combines specialist medical care with nutrition support to help you understand your results and make informed decisions about your health.

The AED 2,500 package includes all listed blood tests and three consultations.