

Private Health Screen



THE HEALTH EQUATION

The Health Equation

White Horse Cottage, Alton Barnes, Marlborough,
Wiltshire, SN8 4LB

The Charterhouse Clinic London, 98 Crawford Street,
London, W1H 2HL

+44 (0) 20 7631 1414

info@thehealthequation.co.uk

www.thehealthequation.co.uk

The Health Equation Private Health Screen



Mr. Gerry Gajadharsingh DO
Osteopath, Diagnostic Consultant-Complementary Medicine

The Health Equation is a private health clinic in London and Wiltshire where we take the time to carefully assess you, so we can get to the root cause of any problems you may have. We provide an open environment, where you can discuss your health in detail and learn more about your individual needs and treatment options.

By combining both conventional and complementary medicine, we consider our patients' as a whole; taking into consideration your body, mind, energy level, memory, diet, routine and posture. An initial consultation at our private health clinic in London will allow us to create a thorough picture of your health and lifestyle and provides a unique diagnosis alongside a treatment plan that's specific to you and your needs.

Our core values are Caring, Partnership and Excellence; our aim is that these values underpin all that we do at The Health Equation.

The Health Equation offers a comprehensive health screen, The Health Equation Health Screen. Our Diagnostic Consultant-Complementary Medicine, Mr. Gerry Gajadharsingh DO, conducts our health screen. He has been in clinical practice for over 36 years in London's West End and more recently at home in Wiltshire.

"Dominic Lawson Bespoke Planning decided to offer The Health Equation individual health screens to all our staff, to promote wellbeing and productivity. Clearly the results of each employee's health screen are strictly confidential to them, but each employee who has taken up the offer so far has reported what a different and uplifting experience it was, and each of them has said that they are responding to the results of the screen and the recommendations to, amongst other things, improve their diet and lifestyle. I would strongly recommend any company to follow our lead and offer all employees this service."

Mr. Dominic Lawson

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Diagnostic Consultation (60 minutes +30 minutes)

The Diagnostic Consultation will include a case history, exploring any current symptoms, past medical history, family history, general health and a clinical examination of systems, such as cardiovascular, respiratory, gastrointestinal, genito-urinary, neurological, osteopathic neuromuscular-skeletal/orthopaedic, dermatological, psychological etc. A careful history requires good listening skills on behalf of the clinician and a broad knowledge base of pathology (actual disease processes) and functional disturbance (the factors that cause the majority of symptoms in patients but are generally non disease based)

Capnography

Capnography – This specialised piece of equipment measures (non-invasively) ETCO₂ levels, breathing rate, heart rate and heart rate variability. It is the most scientific method of diagnosing Breathing Pattern Disorder (BPD) and evaluating an individual's autonomic nervous system response. This is cutting edge technology and gives the clinician (and patient once it is explained) great insight into not only respiratory behaviour and function (which influences many chemical reactions in the body and mind including cellular oxygenation and control of pH) but evaluation of the autonomic nervous system, which controls all of our body systems.

Diagnostic Tests

- Holter 24hr ECG Analysis
- Comprehensive blood analysis, 1 MBR, including haematology (Full blood count & 5 part differentials & ESR), biochemistry (24 parameters), CRP, lipid profile, iron status, blood glucose and thyroid function (TSH, FT4), pancreatic markers Amylase and Lipase, Vitamin D25OH and HbA1C a 3-month glucose marker.
- Urine analysis
- QFIT (Quantitative Faecal Immunochemical Test) & Calprotectin (over age 45).
- Functional Blood Analysis
- Functional Nutritional Assessment
- Functional Index Report (indication of the level of dysfunction that exists in various physiological systems of the body)
- For Men: Prostate Profile (Total PSA and Free PSA) from age 50 or earlier if requested
- For Women: HE4 + ROMA (Earlier detection of Ovarian Tumour)
- The NHS offers comprehensive screening for breast and cervical cancer; therefore, we do not offer mammogram or cervical smears as part of women's' health screening.

Additional investigations, if clinically indicated, such as additional blood tests such as tumour markers, x-rays and other imaging, such as DXA, MRI, Coronary calcium scan, Carotid US etc. and are charged separately. Imaging will be arranged at one of our local hospitals/clinics, by appointment.

Other additional options can include:

- Comprehensive Adrenal Stress Index (CASI) with CAR (Cortisol Awakening response), a saliva Test to be done at home measuring 2 stress hormones, cortisol and DHEA and secretory IgA (2-week turnaround).
- A 90-minute consultation with an affiliated Exercise & Rehabilitation specialist to develop an exercise strategy
- An individual exercise programme with digital photos

The Individual Health Screen will last 1.5 hours and will include a comprehensive written report (usually at least 35 pages) and a Functional Blood Analysis report, this will include all your results, any suggested follow up investigations or opinions from Medical Specialists and lot of advice to help you be proactive about your health. It also includes a Cardiovascular Risk Assessment, GPCOG or MMSE (cognitive assessment) if appropriate and a FRAX Fracture Risk Assessment via NOGG. Patients may also request a 45 minute follow up consultation, in person online or by phone (at the normal standard consultation fee), to discuss their report and for follow up advice.

For further information, including sample reports and current prices go to

<https://www.thehealthequation.co.uk/private-health-screen/>

<https://www.thehealthequation.co.uk/fees/>



You can also download "The Health Equation- A Way of Life", available from iTunes, Gerry's iBook containing 30,000 words of text and 10 HD videos focusing on nutrition and lifestyle

<https://itunes.apple.com/gb/book/health-equation-way-life/id871262937?mt=11>

Please call us on +44 (0) 20 7631 1414 or email info@thehealthequation.co.uk for further information